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Your essential daily news | WEDNESDAY, DECEMBER 16, 2015

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'A SPECIAL FEELING'

Calgary Hitmen player Jackson Houck gave Isabelle and Benjamin Jewell teddy bears Tuesday. JENNIFER FRIESEN/FOR METRO

Calgary's hospitalized children add heartfelt  
plush toys to their collection metroNEWS

## New standard for ambulance response likely

ALBERTA HEALTH SERVICES

Province  
appears set to  
enforce slower  
target times



Ryan  
Tumilty  
Metro | Edmonton

Alberta Health Services appears set to implement slower ambulance response targets than were in place before the province took over the service, according to documents obtained by Metro.

In June 2014, after a Metro story revealed there was no agreed upon response-time goal for ambulances, then-health minister Fred Horne ordered AHS to set a firm target.

Prior to the AHS takeover of ambulance services from municipalities in 2009, Edmon-

ton aimed to have ambulances respond within nine minutes, 90 per cent of the time.

The nine-minute standard has been used widely in other Canadian jurisdictions.

The new target AHS is proposing, according to documents Metro received through access to information, would be 12 minutes, 90 per cent of the time for Edmonton and Calgary, and less than eight minutes, 50 per cent of the time.

AHS did not respond before press time Tuesday and could not indicate why the standard, which appears in the documents to be agreed upon in March, has not been made public or if it's instead being revised.

The documents do indicate AHS plans to release a comprehensive "dashboard" of information about ambulance response including patient satisfaction and call volumes.



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## Skate park grinds to halt

### EXTREME SPORTS

### Skateboarders worried after contractor bails on bowl work



**Helen Pike**  
Metro | Calgary

Calgary's skate community are grinding the City of Calgary over quality concerns as workers continue to construct the first of many skate parks.

Photos surfaced of the Southwood skate park in ruins after the contractors, PCL Construction Management Inc., had to tear up already poured concrete.

Now skaters are concerned about the company's experience when it comes to complex bowl builds — stressing quality over quantity in these projects.

"We were under the impression that these parks would be built by experienced contractors," said Zev Klymochko of the Calgary Association of Skateboarding Enthusiasts (CASE). "The skateboarders of Calgary feel like it's Millennium park all over again, which was built by a general contractor."

In a city evaluation of Millennium skate park back in 2011, over 10 years after construction, the report pointed out apparent limitations and declining condition of the concrete features — adding it was likely a result of the age of the concrete and expertise that went into building it.

These are mistakes CASE and



An image of the Southwood skate park shows the bowl ripped apart after concrete was poured incorrectly. The city has instructed the contractor to redo the work as it did not meet design specifications. COURTESY/LYNDON STRANDQUIST

its members want to avoid.

"What we're seeing at the Southwood park specifically, is there's a reveal of the steel coping that surrounds the bowl... it did not meet our design specifications," Greg Steinraths, manager of sport and partnership development said. "It's being redone as we've instructed them to do."

Steinraths added the city is committed to building a quality park for Calgarians, and the repairs are being done on the contractor's dime.

The city is planning on building eight skate parks, and tenders for next year's projects will be

going out early next year.

In 2014 the city put out RFPs for the Southwood, Huntington and CKE skate parks. The



**Skate parks are not like building a swimming pool.**

Zev Klymochko

tenders used specific language such as "3 years experience on skate parks exceeding 600 square metres in size."

The two bids from this ask weren't accepted and the city released new tenders for the same projects in 2015 with different language and qualifications including "3 articulated cast-in-place concrete projects similar to skate parks, pools and or water parks."

"Skate parks are not like building a swimming pool, or some decorative piece of concrete, or a building — they're more akin to works of art that have very, very low tolerances," Klymochko said. "When you're dealing with 45 and 50 millimetre wheels it has to be perfect, even one or

two millimetre difference in the surface is going to affect the way the park rides."

Steinraths was unable to comment on the RFP prices, but a City of Calgary communications person underlined the city is bound by federal law when seeking out contractors through the process, and must accept the lowest bids. Southwood only had two proposals, none of which were skate park construction companies.

Coun. Brian Pincott said he's only had one complaint about the Southwood park in his ward. He reviewed the RFP process and said it was done by the book.

### DEFAMATION LAWSUIT

## Nenshi, Wenzel settle out of court

A defamation lawsuit filed against Calgary mayor Naheed Nenshi by Cal Wenzel, founder of Shane Homes, has been settled and the parties released a joint statement Tuesday.

In 2013 Wenzel filed a statement of claim alleging the mayor defamed him during the municipal election, in an "attempt to make him a political foil." The statement released Tuesday appeared to show Nenshi backing off the statements he made and in effect apologizing to Wenzel.

Portions of the statement read: "Mayor Nenshi now understands, appreciates, and states that Cal Wenzel's actions in 2010 did not constitute a violation of elections laws that required further investigation. Mayor Nenshi did not intend to suggest that Cal Wenzel was the head of, nor a participant in, a criminal organization, or that Cal Wenzel was involved in organized criminal activity."

The statement also includes some words from Wenzel:

"Cal Wenzel made any statements that could be misinterpreted negatively against Mayor Nenshi, Cal Wenzel regrets such statements and any harm done to Mayor Nenshi's reputation."

The lawsuit centred around a leaked video of Wenzel in which he appears to be talking with others in the home-building industry about how to get members elected to city council.

Following the video, Nenshi made public statements suggesting that Wenzel broke election financing laws. METRO

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## IN BRIEF

**Police identify victim of Monterey Park shooting**

Calgary police have identified the victim of a brazen daytime shooting in Monterey Park this past week-end.

Staff Sgt. Doug Andrus said the Office of the Chief Medical Examiner confirmed Tuesday that Hussein Merhi, 26, died after being shot in a northeast alley on Sunday afternoon.

Andrus said they're investigating what led Merhi to be in the alley.

Police are looking for a dark SUV that was seen fleeing the area after the shooting. They don't believe it's linked to any other homicides in the city.

Anyone with information can call 403-266-1234.

LUCIE EDWARDSON/METRO

**Chestermere man facing child-porn offences**

In a joint investigation, ALERT along with Calgary police and RCMP have charged a Chestermere man who was allegedly having an inappropriate online relationship with an underage girl.

Amanjot Rai, 23, is facing several child-pornography-related charges, two counts of child luring and "invitation to sexual touching" after a victim's parents found out about his relationship with their young daughter in May.

Rai was arrested on Dec. 9 after police raided his home in Chestermere, where they seized a variety of electronics for analysis.

He was released from custody under conditions prohibiting him from having a computer or accessing the Internet.

Rai was to appear in Strathmore provincial court on Tuesday. METRO



**Flames engulf a home in Fairmont on Tuesday afternoon.** One man escaped and suffered potentially life-threatening injuries. CANDICE WARD/FOR METRO

# Man hospitalized after escaping fire

## FAIRMONT

## Witness says victim tried to go back in burning house



**Brodie Thomas**  
Metro | Calgary

A man was taken to hospital in potentially life-threatening condition Tuesday afternoon after he escaped a burning home in southeast Calgary.

Peter Kadlubowski was driving by on Fairmont Drive when he saw the fire. He got out of his truck to see if anyone needed help.

"There was a guy coming out the back door," he said. "I tried to hold him but his skin was literally coming off his hands."

He said the man went back into the house and called someone's name. The man exited the house and then tried to go back in a second time, but Kadlubowski held him down.

"He said there was nobody else in there but he wanted to save his cats."

Paramedics with Calgary EMS arrived to find a man in his late 40s who had been inside the home at the time of the fire.

They immediately transported the man to Foothills Hospital in serious condition with substantial burns to much



**He said there was nobody else in there but he wanted to save his cats.**

Peter Kadlubowski

of his body.

Carol Henke, public information officer at the Calgary Fire Department, said firefighters found the house fully engulfed in flames when they arrived.

Once the fire was brought under control, firefighters entered the building and determined there was nobody else inside.

Three cats were removed from the building. Two had died, while the third was given oxygen via a specialized oxygen kit for animals.

Henke reminded people not to try to go back into a burning building for any reason.

"As part of your home escape plan, if you're able to get out, but your pets are still inside — don't go back inside," she said. "Fires double in size every 30 seconds."

The cause of the fire hasn't been determined. Henke said fire investigators are interested in seeing videos or photos of the fire taken before firefighters arrived on scene. Anyone with images or video can send those to [piofire@calgary.ca](mailto:piofire@calgary.ca).

WITH FILES FROM CANDICE WARD

## COURTS

## Evidence ties Vader to killing: Crown

The Crown says forensic evidence and cellphone records tie a suspect to the murder of two Alberta seniors who have never been found.

In a case summary, made public after a publication ban was lifted, the Crown says it has forensic tests that tie Travis Vader to the couple's SUV.

The Crown says Marie McCann's blood was found inside as well as Lyle McCann's hat with a bullet hole in it.

The Crown alleges that Vader used the couple's cellphone the afternoon of July 3, 2010 — the last day they were seen alive.

None of the allegations have been tested in court, and the Crown states the defence "does not admit these facts."

Vader is to go to trial on first-degree murder charges early next year. His lawyer is trying to have the case thrown out, arguing problems with disclosure from police and the Crown amount to an abuse of process.

"The Crown's case is dependent upon circumstantial evidence, motive and exclusive opportunity, forensic evidence and post-offence conduct evidence," the case summary reads.

The McCanns, both in their late 70s, were last seen fuelling up their motorhome in their hometown of St. Albert, a bedroom community north of Edmonton.

The burned-out motorhome was discovered in a wooded area near Edson, Alta., two days later. The SUV they were towing was found at a different location more than a week after that.

Their bodies have never been found, and Vader was charged after police had publicly named him as a suspect.

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**Rob Morrisette was the recipient of \$1,264 raised by University of Calgary medical students who wished to help him during a difficult time after his diagnosis.** JENNIFER FRIESEN/FOR METRO

# Students raise funds for patient

UNIVERSITY OF CALGARY

## Doctor said effort restored his 'faith in humanity'



**Lucie Edwardson**  
Metro | Calgary

Things are looking up for 24-year-old Robert Morrisette, whose life changed drastically a few months ago when he was diagnosed with rheumatoid arthritis (RA).

The chronic disease causes inflammation in a person's joints and can cause debilitating pain in their wrists, ankles, fingers and more. Morrisette said it all began in early September when he came down with the flu, followed by weeks of horrible pain in his joints and unproductive doctor's visits.

"It kind of knocked me out for a couple of days and I wasn't able to do anything," he said.

Finally, because of his intense

swelling, one doctor sent him to a specialist.

"I couldn't move or get dressed," he said. "I was in so much pain."

There, he was diagnosed with spondyloarthritis, a rare form of RA, and has been taking a cocktail of drugs ever since in attempts to help ease his pain.

Last month, Morrisette's rheumatologist, Dr. Christopher Penney, who is also a clinical associate professor at the University of Calgary's medical school, asked his patient to attend one of his classes, so that his students could see what the disease looked like firsthand.

Morrisette said he told the medical students his story and left, not thinking much of it. Then something incredible happened.

"Dr. Penney called me and told me the students had raised a whole bunch of money for me and I should come pick it up," he said.

He said the money has gone towards his medical bills, rent, insurance, and the best of all, he rescued a cat he's named Lucina.

# \$1,264

**The amount university students raised to help a man who was diagnosed with rheumatoid arthritis**

"I'm so grateful about it and it's made me very emotional," said Morrisette. The self-employed drywall has been out of work and doesn't qualify for any sort of government aid or unemployment insurance.

Penney said the situation has "restored his faith in humanity."

"It was important for his spirits," he said. "You're off work, you're going through a difficult time and then you have a group of people express interest in you and help you, and I think his spirits and coping with the disease were much improved because they did that."

The students — who raised \$1,264 — wish to remain anonymous. They said they were touched by Morrisette's story.

POLICE

## Man, 42, wanted for alleged manslaughter

Calgary police have issued warrants for a man believed to be responsible for the death of a man in downtown Calgary on Thanksgiving weekend.

Staff Sgt. Colin Chisholm said around 11:15 p.m. on Oct. 11, police were called to the 700 block of 12th Avenue S.W. for reports of a disturbance in an alley. Upon their arrival, police found one man dead.

"Investigators believe the victim met an individual and that an argument or fight took place," said Chisholm. "There's nothing to indicate this was a random attack, and it's believed drugs may have played a role."

An autopsy identified the victim as Christopher Stephen Tooley, 33, of Calgary.

Chisholm said Rory Martin Stevens, 42, is wanted on Canada-wide warrants for manslaughter and robbery. Police believe he may be in Ontario.

Stevens is described as Caucasian, approximately six feet one inch tall, 170 pounds, with brown hair and hazel eyes.

Anyone who may know the whereabouts of Stevens is asked to contact police by calling the non-emergency line at 403-266-1234, or the Homicide Unit Tip Line at 403-428-8877.

LUCIE EDWARDSON/METRO



**Rory Martin Stevens is wanted on nationwide warrants for manslaughter and robbery.** COURTESY CPS

CRIME

## Police issue warrant for witness in homicide trial

Calgary police are again asking the public for assistance in locating a woman they say is a key witness in an ongoing homicide investigation.

Staff Sgt. Doug Andrus said Lena Raquel Crazybull, of Calgary, was to provide testimony in the murder of Jaimend Roberto Orellana-Sincuir, Nov. 30, and was ordered to return later in the week, but did not return.

"The court has issued a witness warrant for her arrest but police have been unable to locate her," said Andrus.

"At this time, police have not found any evidence that she is in danger or has been harmed."

Crazybull is described as an Aboriginal woman in her early 20s, 5 feet 6 inches tall, with brown eyes and either brown or dyed blond hair.

She also has piercings on both cheeks.

Anyone with information on her whereabouts is asked to contact police at 403-266-1234.

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## HIGH RIVER

# Fire at home displaces nearby residents



**Aaron Chatha**  
Metro | Calgary

A fire that tore through a High River seniors' home is now under control — but seniors in a nearby facility have been relocated to a nearby motel, and the area has been placed under a precautionary air-quality advisory.

High River town councillor

Cathy Couey said it's not yet known what caused the fire at the Medicine Tree Manor, but residents from a nearby seniors' home won't be able to return until Wednesday morning.

The Medicine Tree Manor had been under construction, as it had been significantly damaged in the 2013 Alberta floods. It had been scheduled for completion early next year. "At this point, we do have

**“No question, we will rebuild.”**  
Coun. Cathy Couey

some seniors that lived in that facility in 2013 that were looking forward to coming home in May," said Couey. "That obviously will not happen in the short term now."

Couey said there was a list of 87 people that had expressed interest in moving into the facility when it re-opened. It was expected to open with 100 units.

She said plans to complete the project have been delayed but not cancelled.

"It's what that will look like and if any of the building can be salvaged, which will be answered in the days and weeks to come."



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Jackson Houck said it's important for the team to hand out teddy bears to children in hospital. JENNIFER FRIESEN/FOR METRO

# Plush toys for sick kids

## CHARITY

## Hitmen players hand out 350 stuffies from 21st teddy toss



**Jeremy Simes**  
For Metro | Calgary

Isabelle Jewell felt quite happy when she got a new stuffed animal Tuesday.

Isabelle, who frequents the Alberta Children's Hospital for her eye turn, was among many kids who received the 350 stuffies that had been tossed onto centre ice for the record-breaking 21st annual Petro-Canada Teddy Bear Toss earlier this month.

Isabelle's eye turn is essentially a lazy eye. If she doesn't wear glasses, her one eye will permanently cross inward.

"We feel super lucky to have this facility," said her mom, Courtney. "When Isabelle's eye

turn happened when she was nine months old, I was very scared. But people reassured me that it was going to be OK, and now we're at the point where she's been really improving."

Isabelle said she plans to add the stuffed dog, which she named Cari, to her stuffy collection.

"I'll play with him," she said. "Cari will fit in well, right?" Courtney asked her. "And he'll make friends with all your friends?"

"Yeah," Isabelle replied.

Her brother, Benjamin, also got a teddy bear for supporting his sister.

Calgary Hitmen player Jackson Houck said it's important to follow through with the Teddy Bear Toss and visit the kids in hospital.

"It's not easy," he said. "You see kids in a tough situation, but for a quick moment, when you give them a teddy bear and try to make them smile, I feel like they forget about (any pain they feel). For me it's just a special feeling."

## POLICE

### Four men charged in city fentanyl bust

Calgary police have laid charges against four men in connection to trafficking "highly toxic" fentanyl pills.

The Drug Unit began investigating a fentanyl trafficking operation in October after receiving a tip, police said in a statement.

A lab analysis of pills obtained early in the investigation revealed 4.7 mg to 5.6 mg of fentanyl per tablet, which is two to three

times the average dose, Calgary police Staff Sgt. Martin Schiavetta said.

On Thursday, police executed search warrants on a vehicle and two homes on the 500 block of Rundelhorn Circle N.E. and the 100 block of Rundleridge Way N.E.

Omri Mom, 21; Mohamad Elkhatab, 26; Ali Ghandour, 26; and Ali El-Ghandour, 32, all from Calgary, face several charges.

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## JUNIOR HIGH IMPROV

# Students making things up for fest



**Aaron Chatha**  
Metro | Calgary

Cameron Shank loves teaching his junior high students improv comedy to increase their confidence.

Wait — new choice.

Cameron Shank loves organizing improv competitions between schools, to test their skills.

Again — new choice.

Cameron Shank loves waxing his living room carpets by hand. And from there the scene can continue.

New choice is one of many improv games that will be performed at the Junior High Improv Festival this week — although audiences are probably most familiar with these types of performances from watching *Whose Line is it Anyway?*

Shank, who teaches at Willow Park School, said since he began organizing the competition last year, more schools haven't hesitated to join in —

even from outside the CBE system — as it's easy to see how it helps students in other aspects. Improv performers go on stage with no script and make up scenes on the spot based purely on audience suggestions.

"I think there's an easy connection between improv performance and confidence and achievement in academics," he said. "There are actually some studies that show improv activates a different part of your brain that can help them think outside the box."

Students have told Shank that performing has taught them to be more confident in their own skin.

The festival takes place at Lord Beaverbrook High School on Dec. 16 and 17, from 7 p.m. to 9 p.m.



**Improv activates a different part of your brain ...**  
Cameron Shank

## FRAUD

# Calgarians warned about furnace scam

Door-to-door furnace companies are pretending to be affiliated with the City of Calgary — Calgarians are being warned to always ask to see city identification before allowing them into their homes.

According to a release, the city has received 14 complaints to 3-1-1 about sales people from door-to-door companies misrepresenting themselves.

The fraudsters claim to be directed by The City of Calgary to check the efficiency of the homeowner's furnace or to perform an inspection.

Inside, the homeowners are told they need a new furnace, and their furnace has been flagged as being unacceptable from an energy efficiency perspective due to changes to building code requirements.

Some homeowners are also told there is a city-subsidized program to help homeowners get a new furnace.

The city said to always ask for identification, and if one cannot be provided, do not let them inside and contact 3-1-1 to ensure the business is properly licensed.

METRO STAFF



Pictured here is some of the fentanyl seized by the Calgary Police Service Guns and Gangs Unit on Dec. 10. LUCIE EDWARDSON/METRO

# Fentanyl pills seized in massive drug raid

## CRIME

**Police charge 11 people, recover nearly \$10,000 cash**



**Lucie Edwardson**  
Metro | Calgary

Cocaine, meth, fentanyl — Calgary police seized thousands of pills and other illegal substances as the result of eight raids conducted last week.

Staff Sgt. Quinn Jacques said police have charged 11 people as a result of the raids.

Jacques said although no weapons were seized, police believe the individuals involved are at the "core" of much of the violence in the city during 2015.

ing 2015.

"We believe these people have criminal association to the people who are involved in the actual gun violence," he said. "Drug and gun violence are interrelated and we believe these people are on the drug side of the violence."

According to Jacques, the guns and gangs unit and the tactical team began executing warrants on Dec. 10. Homes and vehicles across the city with connections to the organized trafficking of drugs were targeted.

More than \$260,000 in drugs were seized, along with nearly \$10,000 in cash and a large amount of cutting agent and drug paraphernalia.

Jacques said police seized more than 3,500 fentanyl pills, 58 Percocet pills and varying amounts of cocaine, crack cocaine, methamphetamine,

heroin, psilocybin and marijuana.

He said one address considered a stash location held 15 kilograms of cutting agent, as well as instruments to produce drugs.

The following six addresses were searched in connection to this operation, dubbed "Gin and Tonic" by CPS.

100 block of 10 Avenue SW, 1500 block of 37 Street SE, 100 block of 13 Avenue NE, 1700 block of Radisson Drive SE, 1300 block of 27 Street SE and the 300 block of Fonda Way SE.



**Hopefully ... we'll see a reduction in supply.**

Staff Sgt. Quinn Jacques

Two vehicles were also searched.

Jacques said the 11 individuals were criminally associated, but not necessarily working as a team. The following are facing numerous drug-related offences:

Kailee Picco, 22; Joseph Larroche, 35; Rodrigue Najem, 27; James McClean, 21; Ben Johnson, 20; Jonathan Bejo, 23; Cory Hingston, 28; Leanne Barron, 35; Amin El Assaad, 31; Mohamed Mohamed, 21; and Terrell Guenther, 18.

Warrants for a 12th suspect are currently being sought.

Jacques said he hopes this bust has a "significant" impact on the fentanyl trade in Calgary.

"It'll probably be a short term impact, but hopefully over the next few weeks we'll see a reduction in supply," he said.

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## TRUTH AND RECONCILIATION

# Apology is still timely: Trudeau

Prime Minister Justin Trudeau said the reconciliation needed as part of dealing with the tragedy of residential schools is an issue that all of Canada needs to work on together.

"Our goal, as we move forward together, is clear: it is to lift this burden from your shoulders, from those of your families and communities. It is to accept fully our responsibilities — and our failings, as a government and a nation," Trudeau said Tuesday in Ottawa as the Truth and Reconciliation Commission presented its final report to the federal government and church leaders who were parties to the residential schools settlement agreement.

Trudeau said that seven years after former prime minister Stephen Harper made his historic apology to the survivors of Indian residential schools and their families, the words of the apology remain true and timely, and so does the request for forgiveness.

"At the same time, there is reason for hope. Today, we find ourselves on a new path, working together toward a nation-to-nation relationship based



**Trudeau with commissioners Marie Wilson, Chief Wilton Littlechild and Justice Murray Sinclair.** THE CANADIAN PRESS

on recognition, rights, respect, co-operation and partnership," said Trudeau, according to an advance copy of his prepared remarks.

The 3,231-page final report follows the executive summary released in June that included 94 recommendations, or "calls to action" to address the dark history and continuing legacy of Canadian residential schools that saw 150,000 First Nations, Metis and Inuit children come through their doors for more than a century.

TORSTAR NEWS SERVICE

# Schools fall short on sex assault reporting

## metr EXCLUSIVE Co-ordination, improved data needed to combat issue



**Michael Woods**  
Metro | Ottawa

A lack of co-ordination between Canadian colleges and universities has resulted in a "patchwork of services" to prevent and respond to campus sexual assaults, says a newly released document.

A federal briefing note also reveals wide gaps in campus assault data, and suggests the government may need to consider taking an American-style approach when it comes to reporting cases of sexual violence.

Status of Women Canada prepared a briefing note for then-minister Kellie Leitch in March after some high-profile incidents brought attention to the issue of sexual violence against women on campuses.

Metro obtained the document under the Access to Information Act.

**\$41M**  
Cost of Ontario's sexual assault plan

One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. Another incident involved Dalhousie dentistry students who posted misogynistic comments about their female classmates in a private Facebook group — also revealing sexism is deeply-rooted in the faculty.

The note spells out some of the actions being taken across Canada, including public awareness campaigns and new policies. Status of Women Canada has funded dozens of initiatives on campuses across the country.

But it also says more co-ordination and better data are needed to get a better handle on the problem.

"There does not appear to be an overall co-ordinated focus of sexual violence prevention and response efforts, resulting in a patchwork of services on campuses across Canada," the document says.

The note also said there's a lack of comparable data about incidents of sexual violence on campuses, meaning the government may need to examine a legislative approach such as the Clery Act in the U.S.

"More could be done to encourage universities and colleges to develop a common reporting



**The Minto Sports Complex, home of UOttawa men's hockey team. An alleged incident involving members of the hockey team was mentioned in the document.** THE CANADIAN PRESS FILE

framework as well as improve transparency in tracking and reporting incidents," the note says.

Several provinces have developed or are developing sexual violence policies.

Ontario's \$41-million sexual assault action plan, for example, includes a requirement for colleges and universities to adopt a sexual assault policy and publicly report rates of sexual violence.

The note recommended three actions for Leitch, including hosting a roundtable on the subject and writing to 80 university presidents to encourage them to address the issue on their own

campuses, and the need for a common framework for collecting and reporting data. The briefing note indicates she accepted all the recommendations.

It's unclear, however, whether the roundtable ever occurred.

"It would not be appropriate for the current government to comment on previous government's commitments," department spokeswoman Audrey Jacques said in an email.

She said Patty Hajdu, the newly appointed status of women minister, will take a "close look" at the issue of violence.

## TAXES

### GST not changing: Morneau

The federal finance minister is seeking to clarify the government's position on the GST. Bill Morneau was asked whether he has considered raising the goods and services tax as a way to generate more government revenue.

"I'm not at this stage considering any tax issues that haven't been already put in our campaign platform."

Later, Morneau tweeted: "Contrary to misleading headlines, we are not considering changes to the GST." THE CANADIAN PRESS



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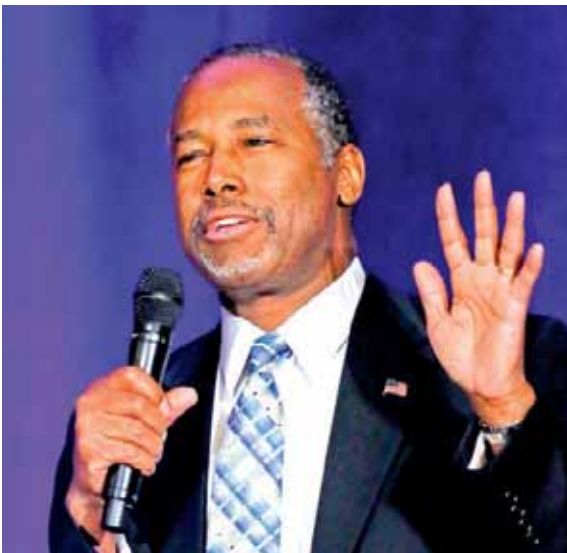
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Republican presidential candidate Dr. Ben Carson speaks in Phoenix. THE ASSOCIATED PRESS/THE CANADIAN PRESS

## Carson calls for troops

### UNITED STATES

#### Presidential candidate wants patrols at Canada's border

Republican presidential candidate Ben Carson is calling for the U.S. to deploy soldiers to parts of the Canadian border.

Carson, who is fading quickly in the polls, made the proposal as part of the "Seven Steps to a Safer America" anti-terrorism plan he issued on Tuesday.

The sixth step: "President Barack Obama and Congress should immediately deploy the National Guard and military troops to patrol the U.S. southern border as well as designated spots along the northern border."

He did not identify the spots or say why he believes current security measures along the Canadian border are in-

### + GOP DEBATE

#### Carson supports more U.S. surveillance

Ben Carson ducked a question about whether Congress was right to end the National Security Agency's bulk phone-records collection program. Carson said he is in favour of monitoring anywhere where people who may be engaging in radical activities are gathered.

THE ASSOCIATED PRESS

adequate.

Carson is the second Republican candidate to suggest new defensive measures up north. Wisconsin Gov. Scott Walker, now out of the race, was widely ridiculed for musing about the possibility of a wall along the Canadian border.

Carson has been plagued by a perception that he is unschooled on foreign policy.

TORSTAR NEWS SERVICE

### TERRORISM

## Hoax threat shuts down U.S. schools

The nation's two biggest school systems — New York City and Los Angeles — received threats of a large-scale attack Tuesday, and L.A. reacted by shutting down the entire district. New York dismissed the warning as an amateurish hoax and held class as usual.

Authorities in New York reported receiving the same

"generic" email that was sent to other cities around the country. They decided there was no danger to schoolchildren, with Mayor Bill de Blasio concluding the threat contained "nothing credible."

The shutdown abruptly closed more than 900 public schools and 187 charter schools across Los Angeles. THE ASSOCIATED PRESS

### RESEARCH

## Trudeau may be last leader to go grey: Study

Leading a country comes with extraordinary privileges but also, apparently, a price: new research suggests that heads of state age faster than normal and that the stress of the job may shave almost three years off their life expectancy.

Doctors analyzed how long presidents and prime ministers in 17 countries survived after leaving office, compared to the losing candidates. They concluded former leaders lived for almost

three fewer years than expected.

Even U.S. President Barack Obama recently joked with Canada's new Prime Minister Justin Trudeau about how a country's top office can speed up aging. Obama advised Trudeau he should start dying his hair to avoid going grey.

The study's head author Dr. Anupam Jena said Trudeau — who is a keen outdoorsman — might fare better. "The years could be kinder to him." THE ASSOCIATED PRESS



U.S. President Barack Obama, right, and Canada's Prime Minister Justin Trudeau are seen looking dapper at a summit.

THE ASSOCIATED PRESS FILE

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**ROMANIA SHEPHERDS STORM PARLIAMENT** More than 1,000 angry shepherds scuffle with riot police Tuesday in Bucharest after breaking through fences to get into the grounds of Romania's parliament. They were protesting a law that limits the number of sheepdogs they can use and bans them from grazing sheep during winter. **THE ASSOCIATED PRESS**

# Debt highest with young people: BoC

## ECONOMY

### Borrowers under 45 years more at risk of income drops

The most-important weak spot in the armour of the country's financial system — climbing household debt — is increasingly concentrated among younger Canadians, the Bank of Canada said Tuesday.

The most-indebted borrowers tend to be under 45 years old and usually earn less money, which would put them more at risk of income drops caused by an economic downturn, the central bank said.

The bank's semi-annual financial system review was released as the economy struggles to build momentum after contracting over the first two quarters of 2015.

Borrowers have helped carry the load for the economy and, as a result, the key vulnerabil-

## \$400B

The share of Canada's household debt held by higher-risk borrowers has risen to 21 per cent or close to \$400 billion from a pre-crisis level of 13 per cent. These households tend to be in British Columbia, Alberta and Ontario.

ity of household debt has continued to rise.

The bank, however, said that while income growth has failed to keep pace with mounting mortgage credit, the chance of household debt becoming a serious problem remains low and is likely to fade as the economy picks up steam. It added that so far there has been little evidence of significant increases in delinquency rates.

Still, the report contained numbers that show the proportion of households in the shaky position of holding debt higher

than 350 per cent of their gross income has doubled to about eight per cent since the 2008 financial crisis. The increase is mostly due to the extended era of low interest rates.

The likelihood that a household would be unable to make its debt payments following an adverse economic event increases significantly when its debt reaches above 350 per cent of gross income, the bank said. Those vulnerabilities have continued to edge higher, Bank of Canada governor Stephen Poloz said. **THE CANADIAN PRESS**

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## SETTLEMENTS

**N.Y. retailers agree not to sell realistic toy guns**  
New York's attorney general says 30 online retailers have agreed to stop selling realistic toy guns in New York. The settlements follow July letters to the re-

tailors from across the U.S. who were selling the imitation weapons through an Amazon.com platform. Attorney General Eric Schneiderman says the toys violate a New York law. **THE ASSOCIATED PRESS**

## BEER SALES

# Rules differ across Canada for alcohol

Ontario allowed the sale of beer in grocery stores for the first time Tuesday and is still looking at ways to expand wine sales to more private outlets.

The rollout follows a deal with the Beer Store, which will eventually see 450 grocery stores — large and small — sell beer by 2017. **THE CANADIAN PRESS**

## HERE'S HOW ALCOHOL IS SOLD IN OTHER PROVINCES:

**Nova Scotia:** Beer, wine and spirits are sold at provincially owned liquor-store outlets. Some beer, wine and spirits are available at some private stores.

**Newfoundland and Labrador:** Beer is available in convenience stores. Liquor and beer are sold at provincially owned liquor store outlets. Wine is only sold at provincially owned liquor-store outlets.

**Alberta:** Beer, wine and spirits are sold in privately owned liquor stores.

**Saskatchewan:** Beer, wine and spirits are sold at provincially owned liquor stores, rural franchises licensed by the government and in three privately owned stores. Beer, wine and spirits are also available at various "off sales" attached to bars and restaurants.

**British Columbia:** Beer, wine and spirits are sold in provincially owned and private liquor stores. Craft beer can be purchased at the brewery.

**Manitoba:** There is a mix of government-run and private wine and beer stores. Hotels are allowed to sell beer as licensed vendors, similar to "off sales."

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Mom was right: Warm milk does promote sleep, says a new study — but more so if it's drawn late at night from sleepy cows.

## URBAN ETIQUETTE ELLEN VANSTONE



**THE QUESTION**  
**When is it OK to say hello in the office men's room? At any other point in my day, I will nod to colleagues. But it seems wrong to greet them when they're actually peeing. Yet it's also a bit weird to ignore them completely.**

Dear Ellen,

This is a delicate problem, summed up in one simple question: When is it OK to say hello in the men's room? I'm talking mainly about the office. At any other point in my day, I will nod a "hello" to colleagues. But, if I encounter them in the staff wash-room, it seems wrong to greet them when they're actually peeing. Some men need to concentrate, so it's probably disruptive to start a conversation. But it also seems weird to ignore them completely. Should I nod at before or after apparel is adjusted? Or wait till the hand-washing stage?

Worried of Toronto

Dear Worried,

I know who you are because you recently approached me in person about this, and I told you to email the question. But your letter has left out the most interesting thing you said in our brief conversation: I.e., that men often pass gas while at the urinal.

I have two things to say about this: 1) Sorry, guys, this does not qualify as multi-tasking; and 2) I was surprised, since women, in my experience, do not do this in public washrooms. Given my ignorance of men's room practices, I will turn to a male expert (as I did previously, in a column about the shy male pee-er): my esteemed editor and final arbiter on all things etiquettical, Matt LaForge.

See Matt's men's room

**Don't "look." You know what I'm talking about.**

Hello my friend!  
I would shake your hand  
but I'm holding my penis.



guidelines below, along with a few reminders from me for polite patrons of the ladies' room.

**HERS**

Hover craft: If you must crouch above the toilet without touching it while you pee, wipe stray droplets off the seat afterwards.

Timing for stalls: As long as the patriarchy continues to confuse "equality" with an equal number of stalls in male and female washrooms, women will be lining up to pee before, during and after every public event. So when you do finally achieve the bliss of a stall with a working toilet and sufficient tissue, don't dawdle. Your sisters in the lineup snaking out the door are just as desperate to void and exit as you are.

'N sink: Once you've washed your hands, try to find another piece of mirror to check hair, teeth and lips so someone else can squeeze in to wash their hands at the sink.

**HIS**

Worried, not all matters of etiquette are cut-and-dried — and, as final arbiter, I should know — but this one is. The basics are as follows:

When passing a colleague on the way in or out of the men's room, feel free to greet him as if you were in the hallway, on the trading floor, in the grain silo, or on the swing stage (I don't know where you work). When washing or drying your hands next to a colleague, it is, as your letter suggests, perfectly acceptable to greet or even to hazard a conversational salvo. When one or both of you is peeing, however, you should act as if you were a child before about the mid-1980s: Don't speak unless spoken to.

The fellow at the urinal is in a vulnerable state; presume therefore that he would prefer to be left alone. But if his coping mechanism involves compulsively making small talk, reply politely (eye-con-

tact not necessary) even if you would just as soon allow silence to prevail. In all cases, bear in mind etiquette's Golden Rule: The comfort of others takes precedence over yours. If that means subsuming your desire to fill every silence with idle chit-chat, do so. And if that means forfeiting your own desire for quiet so as to indulge a chit-chat artist, then do that.

While we're on the subject, let's get another simple one out of the way. Don't "look." You know what I'm talking about: You're standing there and, for no reason more dubious than the mere fact that ceramic tile isn't much to look at it, you find yourself compelled to, as it were, survey the scene. Refrain. While peeing abreast of another man, colleague or no, act as you would in the presence of someone who's changing or breastfeeding. That is, afford him as much metaphysical privacy as the circumstances allow.

I've heard it suggested, as you no doubt have, that the injunction not to "look" is somehow rooted in homophobia. Nonsense. Any homophobic behaviour that arises as a result of a "looking" incident is separate and distinct from the underlying issue.

The underlying issue, Worried, is that to be seen naked is, in most cases, to be made uncomfortable, and that this is true whether or not the beholder shares a gender with the beheld (for more on this, see the Book of Genesis). Remember that Golden Rule: Take care to recognize another's discomfort and, at a minimum, don't make it worse.

With files from Matt LaForge

**Need advice?**

**Email Ellen:**

scene@metronews.ca

## ROSEMARY WESTWOOD

metroview



**Celebrating feminism and rejecting the label? You're freeloading.**

An elephant walks into a crowded room. "I'm not an elephant!" he declares. "Sure, I have the trunk, tough grey skin and the ivory, but I don't like labels, and I don't consider myself to be an elephant."

No one says anything, for fear of upsetting him, though they recognize the elephant is objectively wrong.

And that's the origin of the "elephant in the room" idiom.

Or not. But it is the tale of the flawed logic of most 40-ish women in Canada.

According to a survey by Chatelaine magazine and Abacus Data — released last week and irritating me ever since — 68 per cent of women 35-45, when asked if they are feminists, said, "No."

Let's suppose that some of those women really don't believe in the equality of the sexes, in which case not being a feminist makes perfect sense.

Let's also suppose that many of those women do in fact believe men and women are equal, in which case they are not making sense at all.

That invites the question: Why would they deny it? In video interviews, many explained they have a distaste for the label.

Labels are often only disliked when they're controversial. These women, presumably, are OK with being called women. They're also OK with being called

40(ish). Obviously, "feminist" isn't so innocuous. These women, it seemed from some of the interviews, don't want the flak. They perhaps don't want to have to explain that "feminist" is not synonymous with "angry man-hater."

And that's cowardly.

Some indicated they feel privileged enough not to need feminism, unlike the thousands of murdered and missing indigenous women, say, who are three times more likely than white women to be victims of violent crime.

And that's selfish.

I will also, finally, charge this: By expecting and lauding the wins made by feminists, while in the same breath rejecting that label, you're freeloading. You're getting all the goods — the push for equal pay, for more women leaders, for the end of harmful masculine and feminine ideals, for shelter from a violent partner should you ever need it — without standing up for the cause that serves you.

I've been told that women respond more to emotions than logic, and also that a woman attracts more bees with honey, so here's the soft pitch: If you come out of the closet, you'll find Justin Trudeau, Aziz Ansari, Beyoncé and Malala Yousafzai waiting for you with open arms.

I'll even throw in a pair of 100 per cent cotton "Feminist" stamped underwear.

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# 5

## FOOD TRENDS FOR 2016

Let's look forward to some of the flavours and foods that will be popping up in the coming year. These foods are edging toward a critical mass, making them common on restaurant menus and easier to find. **THE ASSOCIATED PRESS**

### Grains and legumes

It all started with quinoa. Now all sorts of crazy grains and legumes (or seeds masquerading as them) have been popping up. We have farro and teff, millet and triticale, not to mention wheat berries and rye berries being cooked and consumed straight up. But there also are other changes in this niche. First, the sprouted phenomenon. Many grains and legumes are being briefly sprouted before being dried and packaged. The result is a slightly sweeter, nuttier flavour. Companies have also gotten wise to the fact that more people would eat more legumes if they were easier to prepare. And then there are the flours. No doubt stirred by all the interest in gluten-free foods, many company now produce bean flours, such as black bean flour, fava bean flour and chickpea flour.

### Seaweed

There was a lot of hype this year about researchers growing a new seaweed that supposedly tastes like bacon. But in the meantime we have nori, the seaweed that often is pressed and dried in sheets, then used to wrap maki-style sushi. But it can do much more, and folks are starting to wake up to that. First, try it as an almost calorie-free potato chip substitute. Typically marketed as "seaweed snacks" and sold in single serve packets, these are crispy, salty and addictive. Nori is also being turned into condiments. Combined with sesame seeds and salt, it's called furikake. Or there is the Sea Shakes line of seaweed seasoning blends, which combine kelp, dulse and nori with garlic, lemon peel and rosemary (among many others) with delicious results. Try any of them over roasted vegetables, cooked chicken, rice and other grains.



### Little fish

Two things going on here. First, the trend in seafood is to eat lower on the food chain. It's good for the oceans; it's good for the fishing industry. Second, we've all become enamored with umami (the flavour best described as "savory"), and little fish — and the products made from them — tend to be umami bombs. So expect to see lots of anchovies and sardines, and expect to see them in starring roles.

### Umeboshi plums

These are the fruit of the ume tree (a relative of the rose). They resemble small apricots, but can't be eaten raw. That's why most of them are salted, fermented and dyed red using shisho leaves. The resulting "plums" have an intensely sour-salty flavour that can be weirdly addictive. They usually are sold whole, as a paste or as a vinegar. In traditional Japanese cooking, umeboshi are eaten straight up, or are served inside balls of rice that are wrapped in nori, but I've been seeing umeboshi showing up in unusual places lately. The vinegar is great in marinades and dressings. Try it sprinkled over a bean and quinoa salad with avocado and shrimp.

### Alternative sugars

Avoiding high-fructose corn syrup is getting a little easier, in part because a growing number of soda companies are returning to pure cane syrup. But there also are other changes to the sweetener world. Of particular interest is the growing selection of natural sweeteners made from alternatives to either cane or corn. Agave syrup (also called agave nectar) is the juggernaut here. There also are sweeteners made from coconut (both syrups and granulated), barley, brown rice, dates and apples.

#### RECIPE

## Add a spicy kick to traditional latkes with Chipotle sour cream

Traditionally, latkes, or potato pancakes, are served with sour cream and/or applesauce. Some people have strong opinions about the applesauce vs. sour cream situation. To mix things up, try a dab of chipotle sour cream atop the latkes. Purists might gasp and turn away ... leaving more chipotle sour cream for the rest of us.

### Latkes with Chipotle Sour Cream

**Start to finish:** 30 minutes  
**Servings:** 4

#### INGREDIENTS

- 2 1/2 pounds Russet potatoes, peeled
- 2 large eggs

- 1/2 cup minced yellow onion
- 1 Tbsp matzo meal or all-purpose flour (optional)
- Kosher salt and ground black pepper
- Olive oil, for cooking (about 1/2 cup)
- 3 tablespoons butter (optional, but recommended)
- 1/2 cup sour cream
- 1 chipotle in adobo sauce, pureed or finely minced
- 1/2 teaspoon lime juice

#### DIRECTIONS

1. Heat the oven to 200 F.
2. Using the shredding disc of a food processor or a handheld grater, grate the potatoes on the large-holed blade or side. Place the grated potatoes in a large bowl, and let them sit while

they release their liquid, about 5 minutes.

3. Meanwhile, in another large bowl, mix the eggs and minced onion. With your hands, grab a handful of the grated potato and squeeze over the bowl to get out as much liquid as possible. Transfer the squeezed potatoes into the bowl with the eggs. Repeat with remaining potatoes.

4. Insert your finger into the liquid left in the potato bowl. You'll feel a firm layer of potato starch at the bottom. Carefully pour off the liquid from the top, then scrape up the starch from the bottom of the bowl and mix it into the egg and potato mixture. This natural starch helps bind together the potatoes. If there is only 1 to 2 tablespoons of

starch, you'll also want to blend in the optional matzo meal or flour. Generously season with salt and pepper.

5. In a large skillet (or use 2 large skillets to speed up the process), heat a couple of tablespoons of the olive oil and a teaspoon or so of butter until the butter has melted and the fat is hot. Swirl the pan, and then add the potato mixture by the spoonful (large or small, as desired).

Gently press the mounds into rounds. Cook until golden brown and crisp, 4 to 5 minutes per side. You'll need to keep a close eye on the heat. Too low and they won't brown properly; too high and the oil will smoke.

6. Transfer the latkes to paper towels to drain, then transfer to

an oven-safe serving platter. Set the platter in the oven to keep warm, then repeat the process with the remaining latkes, adding oil and butter as needed. Between batches, you also may want to wipe out the pan to remove any bits of latke or if the oil is getting dark.

7. The potatoes will continue to release liquid as they sit. As you get to the bottom of the bowl, just give the potato mixture a quick squeeze before putting it in the hot pan to avoid splattering.

8. While the latkes are cooking, in a small bowl blend together the sour cream, chipotles, lime juice and a pinch each of salt and pepper. Serve the chipotle sour cream with the warm latkes.

THE ASSOCIATED PRESS



**Add some interest to classic latkes with this recipe.** THE ASSOCIATED PRESS



# Rising from food ruins

There's almost no kitchen mistake that can't be fixed. Here are some common holiday cooking problems and the best ways to solve them

THE ASSOCIATED PRESS

## The turkey isn't done

So your guests arrived two hours ago, but the turkey has barely broken 125 F. Now what? This is a hard fix, but it's not impossible. Start by making sure you are getting an accurate read on the turkey's temperature. Use an instant thermometer inserted at the leg/thigh joint, and make sure the probe doesn't hit bone.

Next, pull the bird from the oven and increase the temperature by 50 F. Cover the turkey with foil, then return it to the oven. Check the temperature every 30 minutes, but no more than that.

More frequent opening of the oven lets the heat escape, further slowing the cooking. Once you are within striking range of

your target temperature (155 F to 160 F), remove the foil to allow for browning (unless the bird already was sufficiently golden).

In the meantime, distract your guests with an easy snack and cocktail. Nobody will notice the delay.

How to avoid this next time? Plan better. For example, if it is recommended that you roast your 16-pound turkey at 325 F for 3 1/2 to 4 1/2 hours, assume it'll take the longer estimate.

But even so, start checking the internal temperature on the early side, after about 3 hours. If the turkey's not done, keep checking at

30-minute increments until it registers about 160 F.

## The turkey is done too soon

Turkey needs to rest, covered loosely with foil, before carving, for at least 20 minutes. And it will stay rip-roaring hot for up to an hour.

## The turkey is dry

To fix a dry bird, heat the oven to 300 F. Carve the meat off the bird, slicing it as you would to serve.

Arrange the slices, slightly overlapping, in a shallow baking pan, then pour some turkey or chicken broth over them, enough to come halfway up the sides of the slices of turkey. Cover the pan tightly with foil and heat the turkey for 10 minutes, or until it's heated through.

Now lift out the slices and arrange on a serving platter. Ladle

Hosting a dinner party?  
Bear in mind the words of Julia Child:  
"Never apologize.  
Never explain."



Julia Child's philosophy was simple: Embrace the disaster, do what you can to fix it, but tell nobody. NEW YORK TIMES /GETTY IMAGES

gravy over the slices.

It will be a beautiful presentation and the meat will be deliciously moist.

## The turkey isn't carving nicely

Sometimes when you carve the bird, much of the breast meat remains on the bone. The reason this happens is the wishbone, which blocks the knife from slicing all the way down to the rib cage. Remove the wishbone, then get back to carving. And the best way to carve is to start by cutting the whole breast off the carcass, removing one half-breast at a time. Then slice.

## The beef or pork is overcooked (or cold)

Start by heating some of whatever gravy you have on hand. If it appears there might not be enough, stretch it by adding a little beef or chicken broth (or, in a pinch, water). Slice the meat thin, arrange it in overlapping slices on the serving plates (do all of this out of view in the kitchen), then pour a liberal helping of hot gravy on every serving.

## The gravy is lumpy

Pour the gravy through a mesh strainer and discard the lumps. Alternatively, portion the gravy into a blender in batches and puree until smooth.

## The green vegetables are overcooked

Pop the vegetables into the food

processor and pulse until they are finely chopped. Now mix them into the mashed potatoes, rebranding the dish as "Brussels sprouts potato mash." This example is particularly delicious if you happened to toss some bacon in with the overcooked Brussels sprouts.

## The pie falls apart or the crust crumbles

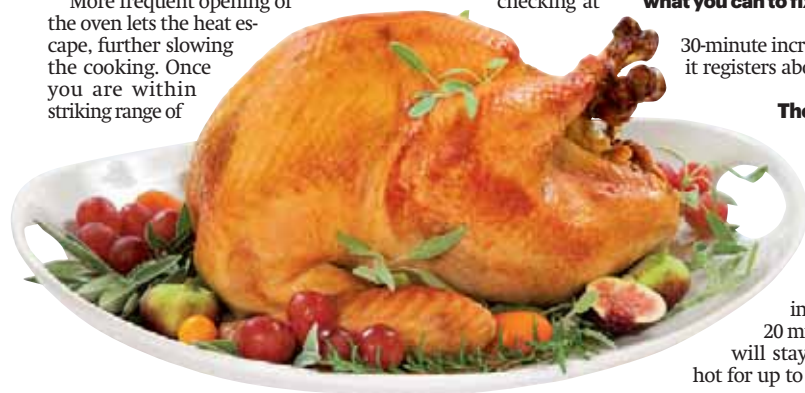
Spoon it into wine glasses in alternating layers with a bit of ice cream or whipped cream and call it a pie trifle.

## The cake/cheesecake/pumpkin pie is cracked

You can camouflage the cracks by decorating the top of the dessert with lightly sweetened whipped cream or by dusting it with powdered sugar shaken from a mesh strainer. Either quick fix should be done at the last minute because the whipped cream eventually can get watery and the powdered sugar will weep if it sits for too long on top of the cake.

## The rolls burned on the bottom

Perform a taste test. Using a serrated knife, slice the bottom off one of the rolls, then taste what's left. If it tastes burned, toss them. If it tastes fine, slice the bottoms off all of the rolls, arrange them in a single layer in a basket, bottoms up, and spread softened butter on the cut sides. Serve them hot and call them hot buttered rolls.



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# Make our Syrian newcomers welcome with taste of home

## CUISINE

**This delicious cultural fare puts a new spin on the holidays**

**Theresa Albert**  
For Metro Canada



Newcomers to Canada from Syria are arriving; being interviewed, shuffled to new homes, and invited to Canadian spectacles (like Raptors games) within hours of arrival. So that's the welcome, now how about some comfort food? A taste of home can provide such sustenance and trigger fond memories.

Here are three foods that we Canadians can incorporate into this year's holiday table to add to the collective embrace.

Syrians serve meze rather than appetizers. The table often consists of grilled eggplant blended into a dip, fried artichokes, and cooked turnip



**Eating familiar food is one of the easiest ways to make people feel at home. This is a dish from Reyhan, a Syrian restaurant in Toronto.** TORSTAR NEWS SERVICE

marinated in yogurt. Olives and pita round out a mostly vegetable meal meant to be shared along with conversation.

Ground lamb and bulgur combine to make kibbeh, which are meatball or sausage-shaped patties. The spices and seasonings are particular to each household but can

include allspice, cumin and mint. These savoury proteins are served with a sauce made from cherries or pomegranate.

Meals sometimes end with pastries called ka'ak, which are made with semolina flour mixed into a dough and stuffed with ground dates, walnuts or pistachios.

This season is all about gathering around food, so why not try something from the plates of our new Canadians?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

## LIQUID ASSETS

# Winter reads need a fine glass of brandy

Though great books on drink can be as difficult to find as a bottle of Barolo for under \$30, 2015 has been a good year for liquid text. Here are three of my suitable for stocking stuffing favourites.

Madeline Puckette and Justin Hammack's *Wine Folly: The Essential Guide to Wine* (\$29.37) is the Internet sensation's first attempt at hard copy. Fun, fresh and loaded with their trademark infographics, it will appeal to both the wine novice and the jaded expert.

Matt Kramer's *True Taste: The Seven Essential Wine Words* (\$21.95) brilliant-

ly dispels the pretentious myths of wine tasting, while, Scott McCallum and Victoria Walsh's *A Field Guide to Canadian Cocktails* (\$20.28) is way more than the history of the Bloody Caesar.

Nothing goes better with a winter read than a warming glass of brandy. Greece's Metaxa 7 Star (\$24.99-\$30.10) gets its super smooth flavour thanks to the addition of some Muscat wine and a secret recipe of herb and floral extracts which sets it apart from all other non-Cognac grape spirits.

PETER ROCKWELL/METRO



## SOCIAL NETWORKS

### Instagram use doubled since 2013

It seems more people are taking artful pictures of what they're eating as Facebook's photo-oriented Instagram service has doubled its reach in the two years since 2013, according to a new report. A Global Web Index analysis

of social media use in 2015 has discovered that 30 per cent of Internet users have Instagram, as compared to 18 per cent in 2013. Those aged between 16-24 tend to spend more time on social networks, 2.68 hours per day, though 25-34 year olds spend 2.16 hours. AFP

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

# The subtle side of feminism

**THE SHOW:** Supergirl, Season 1, Episode 6 (Global/CBS)  
**THE MOMENT:** The Anger Lesson

Snarly media mogul Cat Grant (Calista Flockhart) is schooling her sweet assistant, Kara Danvers (Melissa Benoist), on workplace behaviour. (Cat doesn't know that Kara is Supergirl, who's just learning to use her powers.) "You can't get angry at work if you're a woman," Cat cautions. "When I worked for Perry White, he once threw a chair through a window. No one batted an eye. If I threw a napkin it would be all over the news." By episode's end, Supergirl has learned to channel her rage. "I'm not afraid of my anger anymore," she says. "I can use it."

Aww. It's heartening to watch a baby feminist take her first steps. Especially at the knee of Flockhart who, in the late 1990s, played Ally McBeal, a TV It Girl whose miniskirt-feminism (or lack thereof) was much debated. Now 51, Flockhart spits seen-it-all wisdom at Kara at least once an hour. When Kara objects to the moniker Supergirl,



Cat Grant (Calista Flockhart) spits seen-it-all wisdom at Kara (Melissa Benoist) in Supergirl.

Cat replies, "I'm a girl, your boss, and powerful, rich, hot and smart. If you perceive 'girl' as anything less than excellent, isn't the real problem you?"

When Kara asks how Cat juggles it all, Cat rolls her eyes: "You learn. You can have it all, but not all at once and not

right away." OK, it's wildly on the nose. But between the pair of mothers who are too hard on their daughters, and the evil alien aunt, and the female supervillains, a question keeps popping up: Why are women their own worst enemies?

That's worth asking. Supergirl returns to Global TV Jan. 4 at 8 p.m. Watch past episodes at [globaltv.com](http://globaltv.com).

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**CROUCHING TIGER, HIDDEN DRAGON**

## Yeoh reprises role in new action film

Malaysian actress Michelle Yeoh says she has been waiting many years to reprise her role in the 2000 film Crouching Tiger, Hidden Dragon.

The sequel to the supernatural martial arts film, Crouching Tiger, Hidden Dragon: Sword of Destiny, centres around the protection of a legendary sword.

It also stars Donnie Yen, Harry Shum Jr. and Jason Scott Lee.

The original was filmed

in Mandarin. The sequel is in English and will be dubbed into Mandarin for its release in China.

Yeoh appeared Tuesday at an event in Beijing launching the sequel alongside director Yuen Woo-ping and Natasha Liu Bordizzo, who plays Yeoh's apprentice.

Crouching Tiger, Hidden Dragon: Sword of Destiny will be released in theatres on Feb. 8 in China and on Feb. 26 in the U.S. on Netflix and in selected theatres.

THE ASSOCIATED PRESS



### NEW YEAR'S EVE TELECAST

#### One Direction, Carrie Underwood to ring in 2016

Pentatonix, Macklemore & Ryan Lewis, Nick Jonas and OMI, Alessia Cara, will be ringing in the New Year from Hollywood, Calif., for ABC's telecast of Dick Clark's New Year's Rockin' Eve With Ryan

Seacrest 2016.

One Direction is headlining the West Coast event, while Carrie Underwood is headlining the party in New York's Times Square.

The show will be telecast starting at 8 p.m. Eastern on Dec. 31. THE ASSOCIATED PRESS

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# It finally feels good to be a fan again

## THE FORCE AWAKENS

**Forget the recent trilogy and watch like it's 1983 again**



**Colin McNeil**  
Metro | Canada

The last time anyone was this excited about a Star Wars movie, I was 11 years old.

It was 1999 and Episode I: The Phantom Menace had just opened. I went into that theatre a young Star Wars fanatic — the proud owner of a hundred action figures, reciter of dialogue and watcher of VHS tapes. I came out disillusioned. This wasn't my Star Wars.

It looked different, felt different, sounded different.

It was the beginning of a dark time for fans — the prequel years.

I must be a slow learner, because here I am with opening night tickets to The Force Awakens, and I've already picked out my favourite Yoda shirt to wear. After guarding my heart for much of the lead-up to this new film, I admit, I've given it fully to Disney — for better or worse.

Maybe you have too. But if you're

a jaded millennial fan with a voice inside that's crying out to believe all over again, don't be afraid to bring a revised version of Star Wars with you into the theater this weekend.

I want you to party like it's 1983. There are no prequels. Hell, there aren't even any special editions. Han shot first, midi-chlorians aren't a thing, and Darth Vader sure as Sith didn't build C-3PO when he was nine.

I want you to dredge up what it felt like waiting in line outside your neighbourhood Cineplex in 1999, before anyone knew what a Jar Jar Binks was and before we were mauled by flat characters and limping plot lines.

Take it a step further and walk into that theater without the weight of six films and countless TV shows, comics and books on your shoulders.

Remember what Yoda said, "Let go of everything you fear to lose," and let this new story take you where it may.

And if you're brand new to this whole Star Wars thing, now is the time to dive right in.

If we know anything about J.J. Abrams from his captaincy of the Star Trek reboot, it's that he's ready and willing to make this franchise accessible for everyone.

Welcome to the club.



Follow Colin McNeil on Twitter @McNeilColin



Let go of the disappointments of the recent Star Wars movies and watch the Force Awakens with fresh eyes. THE CANADIAN PRESS

**MOVIE RATING**  
by Richard Crouse

**Star Wars: The Force Awakens**

★★★★

There's good news for Star Wars fans. The initials in director J.J. Abrams's name definitely do not stand for Jar Jar. His take on the Star Wars universe does everything the much-maligned prequels did not — that is, it focuses on character and adventure, not treaties or political dealings. The Force Awakens delivers a nostalgic blast while at the same time freshening up the series.

### HOW RATING WORKS

★★★★  
★★★  
★★  
★

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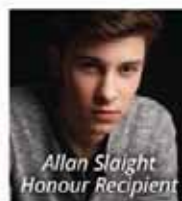
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# 5 (SPOILER-FREE) THINGS TO EXPECT IN THE FORCE AWAKENS

Yes, we've seen it. Metro had an early viewing of the new Star Wars movie, and it does not disappoint. Here are five things to whet your appetite for the big return to a galaxy far, far away. And don't worry, we won't be ruining it for you. We hate spoilers, too. **MIKE DONACHIE/METRO**



## 1 This ain't no Phantom Menace

The new movie is good. It's really good. This is J.J. Abrams' take on Star Wars, and Jar Jar Binks need not apply. It's a return to the escapist fantasy of the Star Wars universe, with no midi-chlorians. The film isn't perfect — there are discordant moments with unlikely coincidences, or general silliness — but it doesn't matter. Some purists might be left unhappy, but this deserves to be the movie event of the year. It'll make you feel like a kid again.



## 5 Prepare to get emotional

Great movies play with your emotions, and this is one of those great movies. There are so many laugh-out-loud moments, and some tearful ones, too. But, overall, it's just exciting as hell. Practise those blaster and lightsaber noises now, because you're going to hear them a lot and you might as well join in. The pacing of The Force Awakens might be Abrams' greatest contribution to the franchise. He's taken George Lucas' toys and made them fun to play with again. Prepare to jump to lightspeed.



## 2 Yes, you will geek out

The gang's all here, and of course we know that from the trailers. But to see Han Solo and Chewbacca back in action is an absolute joy. The droids are there, too, and just as hilariously annoying. As for Luke and Leia ... just go see it. We can say no more. There are dozens of little references to the old movies, in things people do and say. There are lines to make you grin and objects to recognize, plus a ton of cool new stuff. And nothing will prepare you for the sight of the Millennium Falcon in flight again. Hearts will soar.

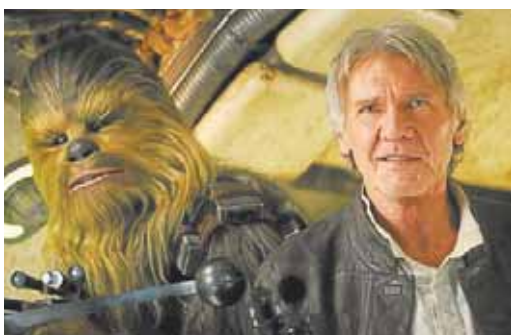
## 3 Rey is the female hero we've been waiting for

The Star Wars franchise has had a bad record with women being left in the background without many lines. This time, though, there's no gold bikini. Instead, there is Rey. Played by Daisy Ridley, this new character is the touchstone of the film. She doesn't need anyone to rescue her, and she's not hanging around waiting for the men to catch up. Rey is a capable, clever, hard-hitting young woman. She's the female character that Star Wars was missing.



## 4 Han Solo is your grandpa now

This guy got old. There's no attempt to hide the fact that Harrison Ford is 73. His face is lined, his movements are sometimes stiff and he talks like a man who's seen too much of life. But it's still Han, wise-cracking, blasting and cheating his way across the galaxy, and to hell with anyone who gets in his way. It's easy to see why Ford agreed to return — this role is one of the defining moments of his career.



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Starting from price for  
2016 Jeep Cherokee Limited shown: \$34,540.<sup>1</sup>

### 2016 CHRYSLER 200 LX

**\$22,998** | FINANCE FOR **\$129 @ 3.99%**  
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Starting from price for  
2016 Dodge Journey Crossroad shown: \$32,140.<sup>1</sup>

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## The pursuit of sports car purity



### THE CHECKLIST | 2016 MAZDA MX-5

#### THE BASICS

**Type.** Two-door, two-passenger, RWD, convertible sports car  
**Power.** 155-hp, 2.0-litre I4  
**Transmission.** 6-speed automatic, 6-speed manual  
**Price.** Base \$31,900 (plus \$1,795 destination)

#### COOL FEATURES

- Soft-top can be opened and closed from seating position at a stoplight
- Speakers in the headrests ensure clear audio when the top is down
- Blind spot monitoring and lane departure warning systems



MIKE GOETZ/FOR METRO

#### POINTS

- More than 100 kg lighter than last (third) generation model, by shaving "grams" wherever possible, and by using lots of aluminum components, including hood and trunk lid
- Engine positioned close to vehicle's centre, for perfect 50:50 front-rear weight distribution
- Trunk volume increased to allow for one pair of carry-on luggage

#### MARKET POSITION

- Affordable, traditional, two-seat convertible sports car. Holds Guinness World Record for the best-selling two-seater sports car.
- Performance and driving enjoyment through light weight and simplicity
- Fun and sporty, but also makes a great, fuel-efficient, state-of-the-art commuter

### THE COMPETITION



**Mini Roadster**  
Base price: \$31,650



**Subaru BRZ**  
Base price: \$27,395



**2017 Fiat 124**  
Base price: TBA

#### REVIEW

### Mazda shows how it's done with the now-lighter MX-5

**Mike Goetz**

For Metro Canada



You have to marvel at how devoted and careful Mazda is with the overall idea of the MX-5 (a.k.a. Miata).

For any of its three previous generation formats, and for this new, fourth-generation format, Mazda could have so easily given the little roadster more powerful engines, more elbow room, more comfy stuff, more of everything basically.

But Mazda has always maintained that the way to have sports car fun is not just about outright speed. It believes it is better to have a sports car that responds to your every command, and thoroughly connects you to the bones of the vehicle, and the contours of the road. In this way, a roadster will always "feel fast" in more driving situations. And this 2016 Mazda MX-5 is brilliantly executed in that manner.

It's more than 100 kg (180 lb) lighter than the previous MX-5, and as compact as the very first Miata.

You experience its willingness to change direction basically every time you change direction, which happens quite often when you think about it. Electric steering replaced hydraulic steering, but still provides awesome feel.

The way you sit in the vehicle,

and the way you interact with all the controls, makes the MX-5's cockpit feel like no other vehicle cockpit on the road. Certainly helping matters is one of the best shifting manual gearboxes in the land, and easy-to-use controls, which seem slightly miniaturized to Miata proportions.

Cabin caveats are the Mazda console controller, which has received mixed reviews from Day 1, and the lack of interior cubbyhole volume. The cubby holes are optimized for smartphones and such — anything chunkier has to go in the trunk.

The trunk is bigger and deeper, but seems less likely to hold golf clubs, if that's a priority.

The convertible top is incredibly easy to put up and down. Effective wind deflectors, and speakers in the headrests, both help top-down motoring.

This car has less horsepower than the previous roadster, but is actually faster. A good dose of midrange torque, and that overall light weight, makes it happen. The 2.0-litre engine is based on the one in the Maxda3, but revs faster, due to a lighter flywheel. Again, it's all about balance; you don't feel the need for more power, because this level of power already delivers and then some, in this lightweight, great-handling package.

Just a final thought on the exterior design. Previous MX-5 models were kind of anti-style, or at least they didn't try too hard to look super cool. This one is trying a bit too hard, me thinks, especially around the rear haunches. But after that I got nothing. I love this car. It's currently right at the top of my Christmas list.

### ELECTRIC CAR MARKET

## Mystery U.S. startup unveils \$1B factory

A little-known California startup with ambitions to challenge Tesla in the electric car market unveiled plans Thursday for a \$1-billion manufacturing plant.

Faraday Future said on its website the investment in the facility near Las Vegas, Nev., is a "first phase" for the new company, which is yet to get a vehicle on the road.

The facility is "something more than an ordinary 'assembly line,'" according to the statement, and will include 280,000 square metres

"for passionate creators and diligent visionaries, where new concepts will be refined and implemented." It will create 4,500 jobs in the region.

Based in southern California, Faraday Future has revealed little so far about its plans, or even its financial backers or resources.

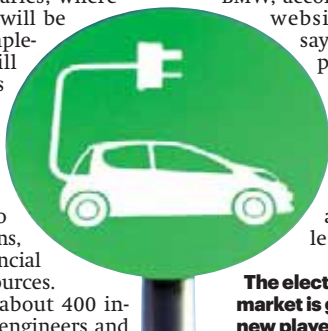
Its team of about 400 includes former engineers and

executives from Tesla and BMW, according to its website, which says the company "will launch with fully electric vehicles that will offer smart and seamless connectivity to the outside world."

Faraday Future plans to unveil its prototype at the Consumer Electronics Show in January in Las Vegas.

According to the research firm CB Insights, one of the investors in Faraday Future is Chinese entrepreneur Jia Yueting.

The company is named after Michael Faraday, who discovered the principles of electromagnetic induction. In its mission statement, the company says that "today's cars do not meet today's needs." AFP



**The electric car market is getting a new player.** ISTOCK



### TECH GIANT

#### Samsung to develop components for autonomous cars

Samsung Electronics is taking steps to expand into another market, as they announced the creation of a team for developing next-generation automotive components, according to Reuters.

Instead of attempting to develop its own self-driving car, the South Korean electronics company announced last week their plans to work on car components and software, with

an initial focus on "infotainment," satellite navigation and autonomous driving.

Other tech industry giants who have expressed an interest in developing driverless and electric car sectors are Google and Apple.

Samsung's rival LG Electronics announced in October that it would be developing an array of components for General Motors' upcoming Chevrolet Bolt EV, including the electric drive motor (built from GM design) and battery cells and pack. AFP



# Volvo plugs into the hybrid way

## CO2 EMISSIONS

### Toyota powers down on internal combustion

Toyota aims to sell 30,000 hydrogen-fuel-cell vehicles and seven million additional hybrids by 2020 as part of a sweeping environmental plan to slash carbon dioxide emissions. The Japan-based automaker targets a 90 per cent cut in average carbon-dioxide emissions by new vehicles by 2050, compared to 2010 levels, reports Automotive News. And more ambitiously, the company aims to achieve zero carbon-dioxide emissions at its factories in that same timeframe. The corporate vision reduces the traditional internal combustion engine "to just the tiniest sliver" of Toyota's total deployment by 2050. The push calls for ramping up electrified drivetrains, winding down reliance on fossil fuels and turning to renewable energy sources, especially in the form of hydrogen. The plan will make obsolete even high-efficiency hybrids such as the Prius, pictured.



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## ELECTRICITY SHARING

### 3D-printed vehicle, house can charge each other

Researchers for the United States Department of Energy have 3D-printed a small dwelling and an electric vehicle that can power each other. A team at the Oak Ridge National Laboratory in Tennessee developed the world's first "working level bi-directional power system." The building sports a flexible 3.2-kilowatt solar voltaic system — dubbed AIME (for Additive Manufacturing Integrated Energy) — paired with electric-vehicle batteries, providing renewable power generation and storage. Energy can flow in either direction between the vehicle and the house via a wireless transfer system. In one direction, the platform can charge the car battery and in the other direction, the car can power the house, explained team member Roderick Jackson.

#### ECO-FRIENDLY

3D printing is an environmentally conscious process because there's little or no manufacturing waste or emissions.



## FULLY ELECTRIC ROOF

### Mini convertible pursues maximum sunshine

Mini's charismatic convertible returns for 2016 with a three-car lineup at launch, two of which will be available in North America. The new convertible sports an integrated rollover-protection system and a new fully electric roof that's quieter, more refined and retracts fully in 18 seconds, while driving at speeds up to 29 km/h. North American buyers will have two state-of-the-art gasoline engine options from which to choose: a 1.5-litre three-cylinder and a 2.0-litre four-cylinder, each with turbocharging, direct fuel injection, variable camshaft control and fully variable valve control technology. European buyers will have the option of a three-cylinder turbocharged diesel engine. Auto stop/start, which is designed to save fuel, is fitted as standard equipment in all models.





## THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



### ENTIRE LINEUP

## Plug-in hybrids will precede 2019 all-electric Volvo

The automaker has announced an electrification strategy in which plug-in hybrids will be introduced across its line. The Swedish automaker will develop an entirely new range of electrified "Twin Engine" smaller cars and build a fully electric car for sale by 2019. As part of the new strategy, Volvo expects electrified vehicles will account for up to 10 per cent of sales "in the medium term." Next will come plug-in hybrid versions of its 60 and 90 series larger cars (including the XC90, pictured at right), followed by plug-in hybrid versions of other forthcoming models. It will also introduce a new front-wheel-drive model, ahead of a new range of smaller 40 series cars designed for electrification.

### BATTERY DEVELOPMENT

#### Ford's \$4.5-billion electric bet

Less than a week after Porsche announced a cool €1-billion (\$1.5-billion CDN) investment in order to turn its currently conceptual plug-in electric sports car into a production reality, Ford went several billion better.

The carmaker revealed it is investing \$4.5 billion in order to fast-track its "electrified vehicle solutions" by 2020 and to be able to offer consumers a choice of 13 plug-in vehicles by decade's end.

"Batteries are the life force of any electric vehicle, and we have been committed to growing our leadership in battery research and development for more than 15 years," said Kevin Layden, director of Ford electrification programs.

Ford's initial target is a setup capable of delivering more than 100 miles (160 kilometres) on a single charge and of being able to recharge a battery to 80

per cent again in under 30 minutes.

However, rather than simply pumping further funds — this \$4.5 billion is on top of the company's already sizable investment in e-mobility — into developing denser batteries or more efficient motors, Ford is also approaching the challenge of zero-emissions mobility from the other side. What do consumers need and how are those demands likely to evolve over time?

"We are considering the way customers interact with our vehicles as a unified experience," said Raj Nair, executive vice-president of product development and chief technical officer at Ford.

This innovative approach means combining market research and traditional tools like focus groups with trying to gain greater insight into the cognitive, cultural and technological aspects of car ownership and using this understanding to dictate design. AFP

## Ford YEAR-END PRICING CLEAROUT EVENT



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(EXCLUDING FOCUS MODELS)  
FROM DEC 11<sup>TH</sup>—JAN 4<sup>TH</sup>

AS LOW AS  
**0%** APR  
PURCHASE FINANCING  
ON SELECT NEW MODELS

IT'S EASY TO  
GET INTO A FORD

### 2016 ESCAPE

GET **0%** APR FOR UP TO **72** MONTHS PURCHASE FINANCING ON ALL NEW 2016 ESCAPE MODELS OR CHOOSE **0%** APR FOR UP TO **48** MONTHS LEASE FINANCING ON ALL NEW 2016 ESCAPE MODELS

• AIR CONDITIONING • EASY FUEL CAPLESS FUEL FILLER  
• REMOTE KEYLESS ENTRY SYSTEM AND MORE

### 2015 FOCUS

GET **0%** APR FOR UP TO **84** MONTHS PURCHASE FINANCING ON MOST NEW 2015 FOCUS MODELS PLUS GET **\$750** IN YEAR-END CLEAROUT CASH

• SYNC® VOICE-ACTIVATED COMMUNICATIONS AND ENTERTAINMENT SYSTEM  
• ACTIVE GRILL SHUTTERS • POWER DOOR LOCKS AND MORE

### 2015 F-150

GET **0%** APR FOR UP TO **72** MONTHS PURCHASE FINANCING ON SELECT F-SERIES MODELS

2015 F-150 AWARDED CANADIAN TRUCK OF THE YEAR

• ADVANCETRAC® WITH ROLL STABILITY CONTROL • SECURILOCK® PASSIVE ANTI-THEFT SYSTEM • REMOVABLE AND LOCKABLE TAILGATE AND MUCH MUCH MORE.

**\$1,000** COSTCO WHOLESALE ON MOST NEW 2015 AND 2016 FORD MODELS



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Receive \$500 (on 2016 model years) or \$750 (on 2015 model years) towards the purchase or lease of a new Ford Focus, Mustang (excluding 50th Anniversary Edition and Shelby), Taurus, Flex, Escape, Expedition, Transit Connect, E-Series Cutaway, Transit Van/Wagon, Transit Cutaway/Chassis Cab, F-150, F-250 to F-350, (all F-150/Raptor models excluded) (each an "Eligible Vehicle"). 2015 models may be in limited supply. Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. \*Until January 4, 2016, receive 0% annual percentage rate (APR) purchase financing on new 2015 Focus BEV, E-MAX, Mustang (excl. Shelby and 50th Anniversary), Transit Connect, F-150 Super Cab XL (except in Quebec, where F-150 Super Cab XL receives 0% APR purchase financing up to 36 months) and 2016 Escape. F-250 Gas Engine models for up to 72 months, or 2015 Focus (excluding BEV) and 2016 Focus models for up to 84 months to qualified retail customers, on approved credit (DAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest interest rate. Example: \$25,000 purchase financed at 0% APR for 48/60/72/84 months, monthly payment is \$280.84/\$416.67/\$422.22/\$291.62, cost of borrowing is \$0 or APR of 0% and total to be repaid is \$25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit Canada Limited. \*Until January 4, 2016, receive \$500/\$750/\$1,000/\$1,500/\$2,000/\$2,500/\$3,000/\$3,500/\$4,000/\$4,500/\$5,000/\$5,500/\$6,000/\$6,500/\$7,000/\$7,500/\$8,000/\$8,500/\$9,000/\$9,500/\$10,000/\$10,500/\$11,000/\$11,500/\$12,000/\$12,500/\$13,000/\$13,500/\$14,000/\$14,500/\$15,000/\$15,500/\$16,000/\$16,500/\$17,000/\$17,500/\$18,000/\$18,500/\$19,000/\$19,500/\$20,000/\$20,500/\$21,000/\$21,500/\$22,000/\$22,500/\$23,000/\$23,500/\$24,000/\$24,500/\$25,000/\$25,500/\$26,000/\$26,500/\$27,000/\$27,500/\$28,000/\$28,500/\$29,000/\$29,500/\$30,000/\$30,500/\$31,000/\$31,500/\$32,000/\$32,500/\$33,000/\$33,500/\$34,000/\$34,500/\$35,000/\$35,500/\$36,000/\$36,500/\$37,000/\$37,500/\$38,000/\$38,500/\$39,000/\$39,500/\$40,000/\$40,500/\$41,000/\$41,500/\$42,000/\$42,500/\$43,000/\$43,500/\$44,000/\$44,500/\$45,000/\$45,500/\$46,000/\$46,500/\$47,000/\$47,500/\$48,000/\$48,500/\$49,000/\$49,500/\$50,000/\$50,500/\$51,000/\$51,500/\$52,000/\$52,500/\$53,000/\$53,500/\$54,000/\$54,500/\$55,000/\$55,500/\$56,000/\$56,500/\$57,000/\$57,500/\$58,000/\$58,500/\$59,000/\$59,500/\$60,000/\$60,500/\$61,000/\$61,500/\$62,000/\$62,500/\$63,000/\$63,500/\$64,000/\$64,500/\$65,000/\$65,500/\$66,000/\$66,500/\$67,000/\$67,500/\$68,000/\$68,500/\$69,000/\$69,500/\$70,000/\$70,500/\$71,000/\$71,500/\$72,000/\$72,500/\$73,000/\$73,500/\$74,000/\$74,500/\$75,000/\$75,500/\$76,000/\$76,500/\$77,000/\$77,500/\$78,000/\$78,500/\$79,000/\$79,500/\$80,000/\$80,500/\$81,000/\$81,500/\$82,000/\$82,500/\$83,000/\$83,500/\$84,000/\$84,500/\$85,000/\$85,500/\$86,000/\$86,500/\$87,000/\$87,500/\$88,000/\$88,500/\$89,000/\$89,500/\$90,000/\$90,500/\$91,000/\$91,500/\$92,000/\$92,500/\$93,000/\$93,500/\$94,000/\$94,500/\$95,000/\$95,500/\$96,000/\$96,500/\$97,000/\$97,500/\$98,000/\$98,500/\$99,000/\$99,500/\$100,000/\$100,500/\$101,000/\$101,500/\$102,000/\$102,500/\$103,000/\$103,500/\$104,000/\$104,500/\$105,000/\$105,500/\$106,000/\$106,500/\$107,000/\$107,500/\$108,000/\$108,500/\$109,000/\$109,500/\$110,000/\$110,500/\$111,000/\$111,500/\$112,000/\$112,500/\$113,000/\$113,500/\$114,000/\$114,500/\$115,000/\$115,500/\$116,000/\$116,500/\$117,000/\$117,500/\$118,000/\$118,500/\$119,000/\$119,500/\$120,000/\$120,500/\$121,000/\$121,500/\$122,000/\$122,500/\$123,000/\$123,500/\$124,000/\$124,500/\$125,000/\$125,500/\$126,000/\$126,500/\$127,000/\$127,500/\$128,000/\$128,500/\$129,000/\$129,500/\$130,000/\$130,500/\$131,000/\$131,500/\$132,000/\$132,500/\$133,000/\$133,500/\$134,000/\$134,500/\$135,000/\$135,500/\$136,000/\$136,500/\$137,000/\$137,500/\$138,000/\$138,500/\$139,000/\$139,500/\$140,000/\$140,500/\$141,000/\$141,500/\$142,000/\$142,500/\$143,000/\$143,500/\$144,000/\$144,500/\$145,000/\$145,500/\$146,000/\$146,500/\$147,000/\$147,500/\$148,000/\$148,500/\$149,000/\$149,500/\$150,000/\$150,500/\$151,000/\$151,500/\$152,000/\$152,500/\$153,000/\$153,500/\$154,000/\$154,500/\$155,000/\$155,500/\$156,000/\$156,500/\$157,000/\$157,500/\$158,000/\$158,500/\$159,000/\$159,500/\$160,000/\$160,500/\$161,000/\$161,500/\$162,000/\$162,500/\$163,000/\$163,500/\$164,000/\$164,500/\$165,000/\$165,500/\$166,000/\$166,500/\$167,000/\$167,500/\$168,000/\$168,500/\$169,000/\$169,500/\$170,000/\$170,500/\$171,000/\$171,500/\$172,000/\$172,500/\$173,000/\$173,500/\$174,000/\$174,500/\$175,000/\$175,500/\$176,000/\$176,500/\$177,000/\$177,500/\$178,000/\$178,500/\$179,000/\$179,500/\$180,000/\$180,500/\$181,000/\$181,500/\$182,000/\$182,500/\$183,000/\$183,500/\$184,000/\$184,500/\$185,000/\$185,500/\$186,000/\$186,500/\$187,000/\$187,500/\$188,000/\$188,500/\$189,000/\$189,500/\$190,000/\$190,500/\$191,000/\$191,500/\$192,000/\$192,500/\$193,000/\$193,500/\$194,000/\$194,500/\$195,000/\$195,500/\$196,000/\$196,500/\$197,000/\$197,500/\$198,000/\$198,500/\$199,000/\$199,500/\$200,000/\$200,500/\$201,000/\$201,500/\$202,000/\$202,500/\$203,000/\$203,500/\$204,000/\$204,500/\$205,000/\$205,500/\$206,000/\$206,500/\$207,000/\$207,500/\$208,000/\$208,500/\$209,000/\$209,500/\$210,000/\$210,500/\$211,000/\$211,500/\$212,000/\$212,500/\$213,000/\$213,500/\$214,000/\$214,500/\$215,000/\$215,500/\$216,000/\$216,500/\$217,000/\$217,500/\$218,000/\$218,500/\$219,000/\$219,500/\$220,000/\$220,500/\$221,000/\$221,500/\$222,000/\$222,500/\$223,000/\$223,500/\$224,000/\$224,500/\$225,000/\$225,500/\$226,000/\$226,500/\$227,000/\$227,500/\$228,000/\$228,500/\$229,000/\$229,500/\$230,000/\$230,500/\$231,000/\$231,500/\$232,000/\$232,500/\$233,000/\$233,500/\$234,000/\$234,500/\$235,000/\$235,500/\$236,000/\$236,500/\$237,000/\$237,500/\$238,000/\$238,500/\$239,000/\$239,500/\$240,000/\$240,500/\$241,000/\$241,500/\$242,000/\$242,500/\$243,000/\$243,500/\$244,000/\$244,500/\$245,000/\$245,500/\$246,000/\$246,500/\$247,000/\$247,500/\$248,000/\$248,500/\$249,000/\$249,500/\$250,000/\$250,500/\$251,000/\$251,500/\$252,000/\$252,500/\$253,000/\$253,500/\$254,000/\$254,500/\$255,000/\$255,500/\$256,000/\$256,500/\$257,000/\$257,500/\$258,000/\$258,500/\$259,000/\$259,500/\$260,000/\$260,500/\$26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# 'Made in Ghana' initiative revs up

## LOCAL SOURCING

### Kantanka cars could put West African nation on the map

Japanese Toyotas, German Mercedes and BMWs, and GM cars and trucks from the U.S. are driven in countries around the

world. But in Ghana, an inventor and church leader who started out trying to make voice-controlled television sets is telling the auto giants to move over.

Kwadwo Safo Kantanka — nicknamed the "Apostle" because he also runs a network of churches — has finally realized his dream of developing and marketing cars "Made in Ghana."

"It's been in the pipeline

since 1971," Kwadwo Safo Jr., one of the inventor's sons, told AFP. "It started with the old man, so it's been a long time coming."

Kantanka's range of sports utility vehicles and pickup trucks have got Ghana talking on social media, thanks in part to an advertising campaign using local movie and music stars.

The sticker price of the

vehicles run from \$18,000 to \$35,000 — out of range for most people in Ghana. But a cheaper saloon car is expected to go on sale next year.

The locally made vehicles are entering a tough market, going up against established brands in a country that sees about 12,000 new and 100,000 second-hand cars imported every year.

But the inventor's son, who is chief executive of the Kantanka

Group, is confident the demand is there and the firm can hold its own in the competition.

"Already we have certain companies in Ghana who have come to make certain outrageous orders for huge numbers that we have to meet. So, we are working," he said, without giving any specifics.

#### Buy local

Ghana's President John Dramani Mahama has been pushing his compatriots to buy locally to boost a stuttering economy hit by inflation, a depreciating currency and high public sector debt.

In 2014, he showed off a pair of Ghana-made shoes during his annual state of the nation address and criticized the lack of appreciation of locally made goods and over-reliance on imports.

advantage to produce," he said at the time.

For Kantanka some key components such as glass, tires and brake callipers are imported, AFP was told on a visit to the company's technology research centre west of Accra last year.

But local sourcing is a key component of Kantanka's vehicles, whose radiator grilles feature Ghana's five-pointed star emblem.

Wood from Ghanaian forests is used to make dashboards while the cream-coloured leather seats in the black SUV were made in the country's second-biggest commercial city, Kumasi.

Akan — a language widely used in Ghana — is written alongside English on the electronics.

#### The road ahead

Kantanka's son was adamant about the uniqueness of the cars, which have all been approved for safety by Ghana's Drivers Vehicle Licensing Authority.

The Made in Ghana label means that "if you have any problems with the vehicle, you wouldn't have to import from India or China or America. All the parts are right here and we have a 24-hour service," he said.

Six months ago, Ghana's police service received one of the pickup trucks, potentially paving the way for other government agencies to place orders.

Kantanka Jr. is upbeat about the way ahead.

"The future of Kantanka for the next 10 years is to try as much as possible to increase our lines," he said.

To the current three lines, he said, "we intend to increase by next year January, February and add two more lines to it. We intend to go into more lines like buses, minivans and all that." AFP



**We must believe in the Ghanaian just like Toyotas and Hyundais.... They all started from scratch. Who knows? Kantanka could be the next Toyota.**

Murtala Mohammed, who lives in Accra

He noted that some \$1.5 billion was spent in foreign currency on items such as rice, sugar, cooking oil, tomatoes and fish — all money "which could have gone into the pockets of Ghanaian entrepreneurs," he said.

"Any import items we buy as Ghanaians constitutes an export of jobs in this country, especially in respect of the items for which we have comparative



A Kantanka car at the Apostle Safo Technology Research Centre in Gomoa Mpota, Ghana. CHRIS STEIN/AFP

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Jill McIntosh  
For Metro Canada



Engineers need parts and tools when they develop a vehicle, but if they're working on a brand-new technology, the ones they require may not yet exist. Ford tackles the problem by quickly building its own on a 3D printer.

"People come to me and want something designed for a test," says Kevin Sowles, a technologist at Ford's Beech Daly Technical Center in Michigan. "If we can't find the tool, I'll make it for them."

The item is first designed using computer-aided design (CAD) software. The digital information then goes to the appropriate 3D printer to produce the item. It's much faster than older methods, especially if more than one copy of a tool is needed. Prior to 3D printing, the method could include making a prototype, using it to produce a mould, and then finally casting the tools themselves.

Most of the tools the department makes are used exclusively for in-house vehicle testing, although it has produced prototype tools and machine parts for the final assembly line as well. When the company discontinued the F-150 pickup truck's steel body in favour of an aluminum one, the factory needed specialized tools to work with the new metal, some of which were developed in the 3D printing shop. During the process of setting up the new

## + THE PROCESS

- Some parts made by the 3D process are used only for visual reference, while others must be functional, such as engine or transmission parts used in durability testing.

- 3D printing isn't unique to Ford, but various automakers use the technology differently depending on their needs.

- The department's various printers use plastic or photo-sensitive resin, or sand for casting items in metal.

assembly lines, the shop could quickly reproduce a component if it broke during the preliminary test runs.

### Big at auto shows

The department also makes auto parts, but only for prototypes and show cars, not for production vehicles. "We made the grille and bumper for the new F-150 for wind tunnel testing and design aids," Sowles says. "We also made the components for the 30-way power seat on the Lincoln Continental (concept car). Those concept cars you see at the auto shows have an unbelievable amount of 3D printing in them. We have a shop that's set up specifically for that."

Keeping the 3D printing in-house is also essential to keeping the wraps on upcoming projects.

"We're working on our 2019 to 2020 designs," Sowles says. "A lot of it is confidential and we don't want that out, even to our most trusted suppliers." The direct line between the 3D printing and the engineering department is also faster than sending the designs out to a third-party supplier to produce. In some cases, items can be produced from scratch within hours.

On occasion, the department does outside projects of its own, including some reproduction reptiles.

"We've done some work to support community services, and we've had requests from museums," Sowles says. "We made replicas of dinosaurs that they paint and put on display, and they lock the original artifacts away."



Mark Smith, an engineering technologist at Ford, cleans off newly made components. COURTESY FORD MOTOR COMPANY



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People come to me and want something designed for a test.... If we can't find the tool, I'll make it for them.

Kevin Sowles, a technologist at Ford's Beech Daly Technical Center



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## LENTIL "MEAT" BALLS WITH LEMONY ARUGULA WALNUT PESTO

### INGREDIENTS

#### Lentil "Meat"balls

1 cup lentils, rinsed  
2 cups water  
2 large eggs  
1 Tbsp. olive oil  
¾ cup ricotta  
¼ cup grated Parmesan  
2 cloves garlic, minced  
½ tsp fennel seed  
2 tbsp fresh parsley, chopped  
1 pinch thyme, fresh or dried  
¾ cup rolled oats or bread crumbs

#### Lemony Arugula Walnut Pesto

1 cup arugula  
1 lemon (zest and juice)  
¼ cup walnuts  
2 Tbsp. Parmesan cheese  
1 clove garlic  
½ tsp. sea salt  
¼ cup olive oil

### DIRECTIONS

1. Pulse prepared lentils until it forms a chunky purée.  
2. Transfer to a large mixing bowl, add everything for the lentil balls, except oats,

and stir. Stir in oats; sit for 15 mins.  
3. Preheat oven to 400°F. Roll mixture into 1-inch balls.  
4. Arrange on a baking sheet with parchment paper. Bake for 15-20 minutes, turning halfway through.  
5. For pesto, pulse together all ingredients except olive oil until combined.  
6. With food processor running, drizzle olive oil until smooth.  
7. Spread the pesto on a plate, nestle balls on top.

# Healthy holiday potluck 'meat' balls

## NEW TRADITION

### Lentils provide the perfect appetizers alternative

Jennifer Friesen

Vincci Tsui's family never went all-out for Christmas.

They didn't have an array of decorations, presents or even a turkey dinner. But for the past few years, she's joined forces with seven of her cousins to host a potluck celebrating the holidays.

"What's nice about potlucks is that everyone can contribute," said Tsui. "Because the holidays are about spending time together — and giving is so important. But it also gives you the chance to experiment with new recipes."

As a registered dietician

and veteran food blogger, Tsui said she's always on the lookout for recipes that are both healthy and delicious. And one recipe that fit the bill was her alternative to the classic meatballs appetizer for parties: lentil balls.

"One very common misconception that people still have is that healthy food is boring, but that's not true," she said. "You don't have to eat chicken breast and broccoli all the time."

Made with ricotta cheese and hints of fennel seed and thyme, it's a savoury dish. But the flavours are brightened by an unexpected zest of lemon in the pesto, making it a great conversation piece.

"Compared to your average meatball, this is a really healthy choice," she said. "But it's also something different. People don't work a lot with lentils, but they're delicious and something you can have a lot of fun with."

## + VINCCI'S TIPS



1. "If you wanted to save some time, buy canned lentils instead of cooking them yourself."
2. "For the pesto, you can add two tablespoons of water to reach a more spreadable consistency."
3. "When you're shaping the lentil balls, use a teaspoon to scoop to help you measure the one-inch size. It's a great gauge."

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## Double Dark Chocolate Cheesecake

24 chocolate wafer cookies  
1 tbsp. brown sugar  
¼ cup CO-OP GOLD melted butter  
8 oz. 72 % CO-OP GOLD cocoa chocolate or similarly dark bittersweet chocolate  
32 oz. (4 x 250 g) cream cheese (do not use the spreadable cream cheese)  
1 1/3 cup sugar  
¼ cup CO-OP GOLD cocoa powder  
4 CO-OP GOLD large eggs

Preheat oven to 350°F. In the work bowl of a food processor, crush the cookies until they form a fine crumb. Transfer to a medium-sized bowl and combine with brown sugar and butter. Mix to combine. Press evenly into the bottom of a 9" springform pan. Bake for 5 minutes in preheated oven. Remove from oven and set aside to cool.

In a bowl set over a pot of lightly simmering water, melt the chocolate. Remove chocolate from heat and allow it to cool slightly. It needs to still be pourable. In a food processor, blend cream cheese, sugar and cocoa powder; puree the mixture until smooth. With the blender still running, add eggs one at a time until incorporated. Pour in the chocolate and blend.

Fill the pan with the mixture and then smooth the top to ensure an even bake. Bake until the cheesecake has a uniform wobble and is just set, approximately one hour. Cool for 20 minutes and then run a knife around the outside of the pan to loosen it from the edges. When the cake has fully come to room temperature, transfer it to the fridge and chill overnight.

Recipe Courtesy of Dale MacKay

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# Flames stay hot in overtime

## NHL Russell fires winner as Calgary moves to 8-1 in OT

Kris Russell scored 1:23 into overtime and the Calgary Flames beat the Nashville Predators 2-1 Tuesday night for their sixth straight victory.

TJ Brodie also scored for Calgary, which opened a three-game road trip in style. The Flames improved to an NHL-best 8-1 in overtime and won for just the fourth time away from home this season.

TUESDAY in Nashville



Cody Hodgson scored on his first career penalty shot for Nashville, which lost its second straight at home.

Karri Ramo stopped a shot from Nashville forward Filip Forsberg in the opening seconds of overtime, then Russell finished a 2-on-1 with a wrister past Pekka Rinne on an assist from Johnny Gaudreau for the defenceman's second goal this season.

That gave Calgary its latest win over Nashville after sweeping the series last season.

The Flames hadn't won on the road since Nov. 13 when

they beat Washington 3-2 in overtime.

Nashville managed to kill off four power plays, including 2 minutes of 5-on-3 in the second period. The Predators wrapped up a three-game homestand in disappointing fashion despite outshooting another opponent, this time 22-21.

Hodgson put the Predators up 1-0 early. He had the puck on a short breakaway when hooked by Brodie, and Hodgson scored his third this season with a wrister that beat Ramo glove side at 5:09 of the first.

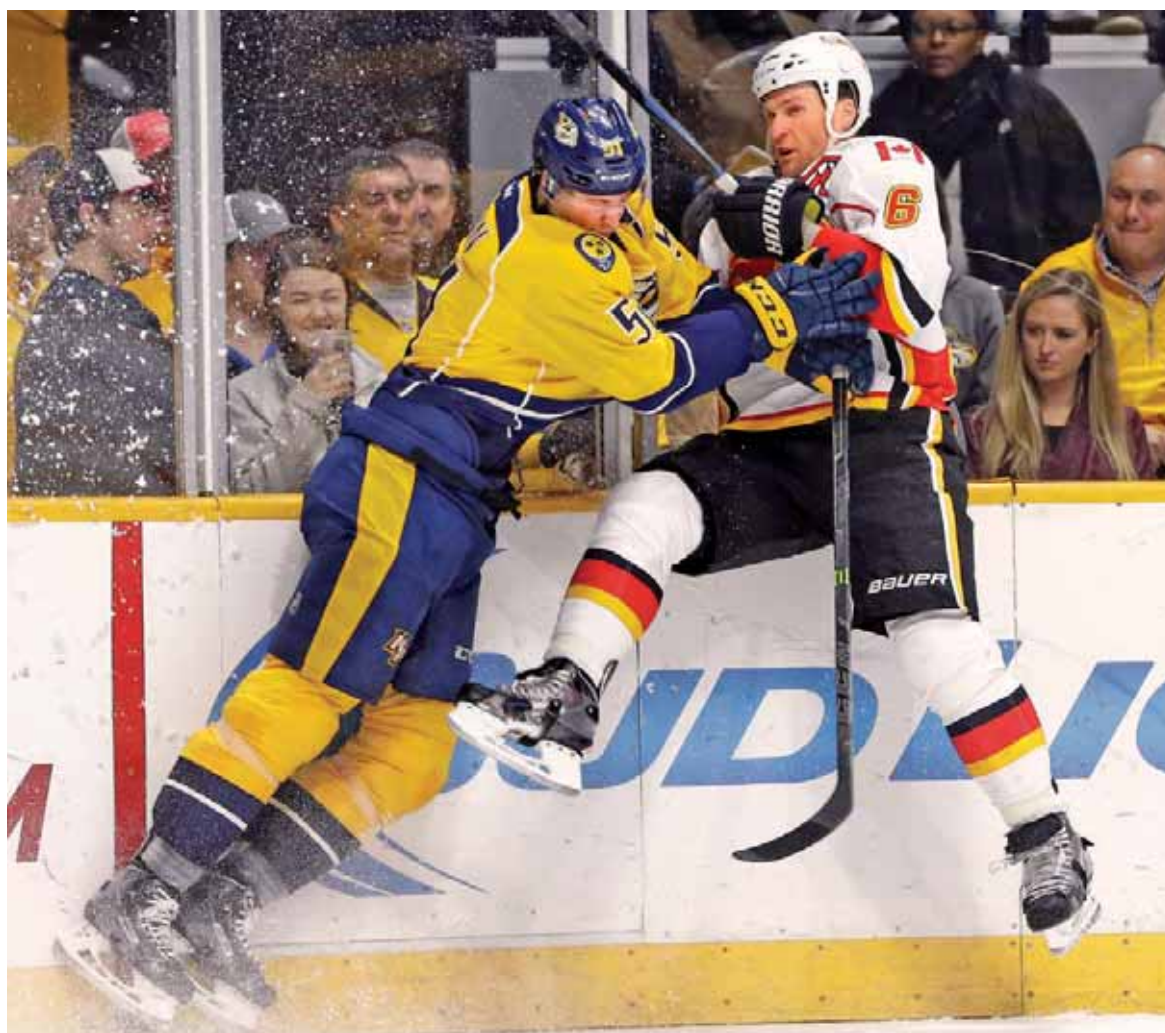
The Predators took 12 of the first 13 shots but couldn't beat Ramo again the rest of the period.

At 2:08 of the second, Predators forward Mike Ribeiro was called for hooking and James Neal for a shot to the head of Flames captain Mark Giordano. The Predators killed off the penalties, but officials reviewed a shot during a stoppage at 6:26 to see if the Flames had pushed a puck past Rinne. They ruled replays inconclusive on a shot Rinne stopped with his right pad at the post.

Brodie finally tied it with a snap shot from the slot that beat Rinne at 12:28. Rinne also stopped a backhand from Matt Stajan, then a follow attempt by Micheal Ferland late in the period.

Each team killed a penalty in the third, with the Flames failing to score after Nashville captain Shea Weber went to the box for cross-checking Calgary centre Sam Bennett with 2:20 left in regulation.

THE ASSOCIATED PRESS



Predators forward Austin Watson checks the Flames' Dennis Wideman into the boards. MARK HUMPHREY/THE ASSOCIATED PRESS

WORLD JUNIORS

## Canada down to 27 players, must cut 4

Hockey Canada has the raw materials for its junior team. Now it's time to starting putting it together.

Canada's roster of 27 players had their first practice in Imatra, Finland, on Tuesday to prepare for three pre-competition exhibition games this weekend as the coaching staff and Hockey Canada's management team evaluates who will make the final 23-man roster for the world junior hockey championship.

"I think that everyone that

comes to Europe has a chance to make the team," said Ryan Jankowski, director of player personnel for the team. "The job isn't done and that's what we've got three exhibition games for, to help sort that out. That's the week where you see the foundation taking shape."

After a four-day selection camp in Toronto where four players were cut, Canada's junior team now has 15 forwards, nine defencemen and three goaltenders. THE CANADIAN PRESS

## AWARDS

### Canadiens' Price nets Lou Marsh after stellar 2015

Montreal Canadiens goaltender Carey Price says he hasn't built a trophy room in his house yet, even if the awards are starting to pile up.

Price became the first hockey goaltender to win the Lou Marsh Trophy as Canada's top athlete on Tuesday. "I was actually surprised at that because this country's had so many outstanding goaltenders, which speaks volumes of our athletic system in gen-

eral," he said. "We have so many great athletes, year after year, putting up such great performances."

"To be able to top some of those is truly honouring."

Price hit career highs with 44 wins, a 1.96 goals-against average and a .933 save percentage for Montreal in the 2014-15 season. THE CANADIAN PRESS



Carey Price  
THE CANADIAN PRESS

NHL

## Talk of Stamkos excites Leafs fans

Steven Stamkos returned Tuesday to the city that likes him back.

In the aftermath of a furor over "liking" a tweet about the Maple Leafs pursuing him, the Tampa Bay Lightning captain came to Toronto to face the team many hockey observers have speculated could sign him this summer. Stamkos — who grew up in nearby Markham, Ont. — has said his actions on Twitter, recently and two summers ago, were accidental.

After NBA star LeBron James went "home" to the Cleveland Cavaliers, Stamkos also liked a tweet speculating about him being hockey's version of that.

No matter the intent, Stamkos not having a contract extension with the Lightning is more than enough fuel for speculation about his future.

Stamkos didn't find the net Tuesday but the Tampa Bay Lightning beat the Leafs 5-4 in overtime.

THE CANADIAN PRESS



## RECIPE Orecchiette with Turkey and Broccoli



PHOTO: MAMA YISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

chilis (optional)  
• 1 cup chicken stock  
• 1 cup grated Parmesan cheese

### Directions

1. Cook the pasta according to package instructions. Set a timer for 2 minutes before the pasta will be done — at that point you're going to toss in your broccoli.
2. Warm your olive oil in a large skillet over medium heat. Add the turkey, garlic, onion, fennel seeds and chilis. Cook for about 5 minutes, until the meat is browned.
3. Drain the pasta and broccoli and then add them to the skillet. Toss everything together. Add the stock and toss. Serve in a big bowl sprinkled with lots of Parmesan.

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### Ready in

Prep time: 20 minutes

Cook time: 10 minutes

### Serves 4

### Ingredients

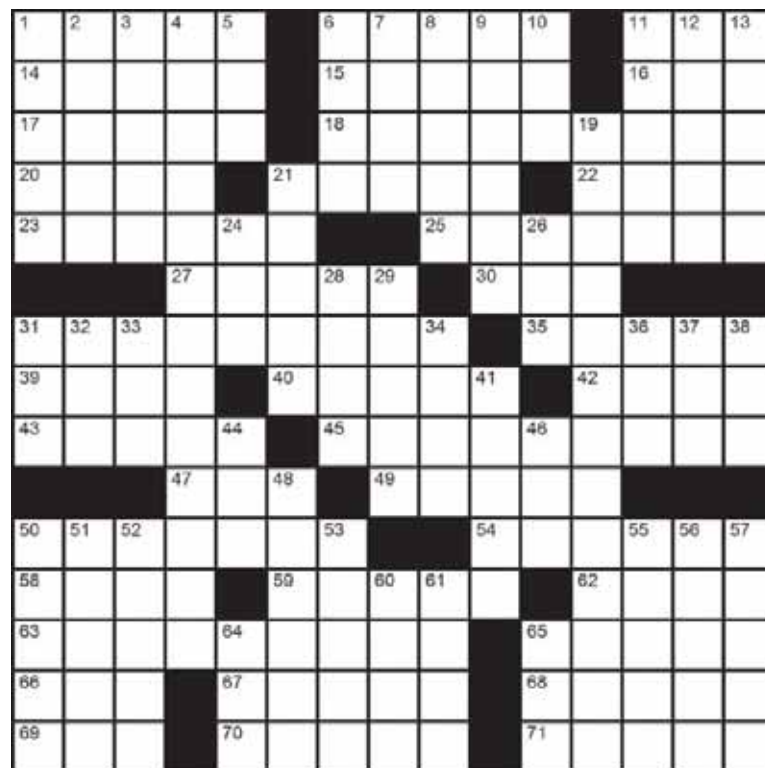
- 1 box (1 lb) orecchiette
- 4 cups of broccoli florets (cut small)
- 3 Tbsp olive oil
- 1 lb ground turkey
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds
- 1/2 tsp crushed dried

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Baby kangaroo's snug spot
6. Diminish
11. Curvy letter
14. Vietnam's capital
15. Where Khartoum is the capital city
16. "Monster-in-\_" (2005)
17. Gumbo ingredients
18. Rural municipality in the Interlake area of Manitoba
20. Mr. Simon of plays
21. The Divine Comedy writer
22. Perched on
23. Involve, as an audience
25. Paint thinner, for one
27. Cancels/voids
30. Hillary Clinton \_ Rodham
31. Meeting someone gesture
35. Grab \_ to eat
39. Mr. Baldwin
40. " \_ economy is always beauty." - Henry James
42. Reddish-brown
43. Copper, for one
45. Versatile
47. Ms. Long
49. Alberta village, 'Gateway to the Handhills'
50. Deadlock
54. Canadian boots company since 1910
58. Berth
59. Prices
62. "Look out!" on the golf course
63. South Pacific



- archipelago
65. '47 \_' (2013) starring Keanu Reeves
66. Yore's 'before'
67. Latin for 'Courageous and faithful', \_ et fide
68. Hoity- \_
69. Guitar guru Mr. Paul

70. Writer Ms. Ferber's
71. \_ \_ Sketch

### DOWN

1. Ring a friend
2. Like acorned trees
3. Strip the gear from a ship

4. Winnipeg company specializing in hand-poured candles: 3 wds.
5. "Tarzan and \_ Mate" (1934)
6. Cruising on the ship
7. Intense gym workout feeling

8. Prospector's passages
9. Acquire/assume: 2 wds.
10. Nav. designation
11. Uplift
12. Beauty parlour
13. Used a dustpan
19. Comedian known for his Royal Canadian

- Air Force work and for the hockey player character Big Bobby Clobber: 2 wds.
21. New \_ (India's capital city)
24. Astronaut Mr. Grissom
26. Farm's grassy expanse
28. Ms. Turner
29. Ancient poet of Scandinavia
31. Theatre hog
32. Tavern drink
33. Web
34. \_ Stanley Gardner (Perry Mason creator)
36. Payment promise
37. Beige
38. "The \_" by The Doors
41. Converses
44. Fleur-de- \_ [var. sp.]
46. "Macarena" by Los del \_
48. Rise
50. Urge forward
51. Singer/actress Mandy
52. North and South on the globe
53. Reddish-rose dye
55. Ancient Greece column style
56. Sch. subject
57. Where Nairobi is the capital
60. Earth's crust layer
61. \_ New Mexico
64. Kilt-wearer's refusal
65. Driver's path, for short

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will enjoy what happens today, even if others don't. The influence of Uranus in your sign makes it easier for you to accept upheavals and, while Uranus is moving retrograde, to see the positive in negative.

**Taurus** April 21 - May 21  
Someone will find fault with what you do today. Whether or not their comments are fair is beside the point: what matters is that you ignore what they say and carry on.

**Gemini** May 22 - June 21  
There is no point blaming yourself. What has occurred would have happened anyway, so stop beating yourself up and start focusing on things that you can influence.

**Cancer** June 22 - July 23  
Have the confidence to try something different today, something that pushes back the boundaries of what you think of as possible. Where both money and work are concerned take chances you would usually avoid.

**Leo** July 24 - Aug. 23  
You are brimming with confidence. The Sun's journey through Sagittarius is coming to and end but you still believe that anything is possible. And it is!

**Virgo** Aug. 24 - Sept. 23  
The Sun in one of the more sensitive areas of your chart may dampen your plans but in a matter of days your confidence will return and you'll find there is nothing you cannot do.

**Libra** Sept. 24 - Oct. 23  
Don't turn down a promising offer because you're not sure if you're up to the job. You would not have been approached unless people thought you could grow into it quickly.

**Scorpio** Oct. 24 - Nov. 22  
You won't enjoy being put under pressure today but realize that the experience is not so bad. You need to make changes to your working routine and this will confirm it.

**Sagittarius** Nov. 23 - Dec. 21  
What happens today will catch you off guard but being the flexible sort you will quickly recover and turn the situation to your advantage. The Sun in your sign will protect you from harm, so why worry?

**Capricorn** Dec. 22 - Jan. 20  
Keep your more outrageous thoughts to yourself. It's unlikely that others will understand, still less appreciate them. Make allowances for those whose vision does not stretch as wide or as deep as your own.

**Aquarius** Jan. 21 - Feb. 19  
You tend to hang back when you should be pushing your way to the front of the queue. Today will make it easier for you to get noticed — so make the effort.

**Pisces** Feb. 20 - March 20  
If something out of the ordinary occurs don't take it seriously or personally. Sometimes things happen for no apparent reason and there is no point getting worked up about it.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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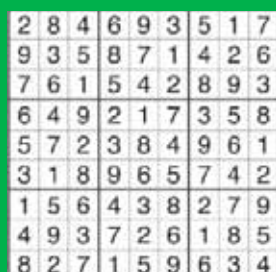
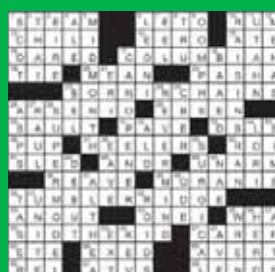
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